

FALL 2009

# SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog





# SHOREVIEWS



*The purpose of 10 Questions With... is to dig deeper into an area, project or topic that interests residents. E-mail your ideas to [tmelvin@shoreviewmn.gov](mailto:tmelvin@shoreviewmn.gov)*

**Interviewee:**

**Jeanne Haapala, Finance Director**

## 10 QUESTIONS...THE CITY'S 2010 BUDGET

**1. When does the 2010 budget process start?**

The budget process begins in mid May when the Finance department distributes budget materials to departments. Budget requests are prepared from late May through the end of June.

**2. When is the first Council action regarding the 2010 budget?**

The Council reviews preliminary budget estimates at the August work session, and adopts a preliminary tax levy at the first meeting in September (the Tuesday after Labor Day). Minnesota State Law requires adoption and certification of the preliminary levy to the County by September 15, to accommodate the preparation and mailing of estimated tax statements. Once the preliminary levy is set, the City Council may reduce the levy prior to final adoption, but may not increase the levy.

**3. What is the total operating budget, and how much is supported by property taxes?**

Shoreview's 2009 operating budget is \$21.9 million. Approximately \$6.6 million of the operating budget is supported by property taxes. The remainder of support comes from utility fees, user charges, licenses and permits.

**4. Was Shoreview impacted by Governor Pawlenty's recent un-allotment of local government aids and credits?**

Shoreview lost \$138,000 of Market Value Homestead Credit in December of 2008 and is estimated to lose \$286,000 in 2009. Preliminary estimates indicate the City will lose another \$317,000 in 2010.

**5. How will the City deal with the loss of Market Value Homestead Credit?**

In March of this year, the City Council proactively amended the 2009 budget in anticipation of more state cuts. The modifications included revenue reallocations and expenditure reductions, including the elimination of a maintenance worker position.

**6. What are some other factors that will influence the 2010 budget?**

The City will need to balance a number of factors such as: inevitable cost increases (such as for the 2010 election, fuel and energy costs), levy limit restrictions, a poor economy, and funding necessary to support capital replacements.

**7. How do Shoreview's property taxes compare to similar cities?**

The 2008 Community Benchmark comparisons rank Shoreview to 28 other metro-area cities closest to Shoreview in population. Despite our lack of state aid to help support operating costs, Shoreview's tax rate ranks 5th lowest among the comparison cities (about 30% below average). In addition, Shoreview's ranking has improved in the last 10 years, dropping from 8th lowest in 1998 (when it was 20% below average). Shoreview maintains this favorable ranking despite the fact that our tax levy provides essential support for street replacements. This means the City avoids using special assessments for street replacements (a common financing tool for street replacement in most other cities).

**8. How do the current economic conditions impact the City's budget?**

We recognize it is difficult for property owners to absorb even moderate tax increases during difficult economic times. Therefore, the Council and staff is making every effort to structure the City's budget so that services and programs are maintained and the City retains its favorable tax rate ranking in comparison to similar sized metropolitan area communities.

**9. When can residents express their opinions about the 2010 budget?**

Residents can provide feedback to the Council or staff any time throughout the year. The budget hearing will be held on December 7, 2009.









**10. When does the Council take final action on the budget?**

Final adoption will occur at the Council meeting scheduled for December 21, 2009.

# SHOREVIEW CALENDAR








AUGUST 2009

1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park				1
2	3 <b>City Council Meeting</b> 7 pm, CC	4  <b>Farmers Market</b> 3-7 pm, CCPL <b>Night to Unite</b> 5-9 pm	5 <b>Summer Concert Series</b> 7 pm, SP 	6 <b>Bike And Trails Committee</b> 7 pm, LC	7 <b>Wet &amp; Wild Waterslide</b> 1-3:30 pm, SCP	8 <b>Turtleman Triathlon</b> 8 am, Turtle Lake
9 	10 <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	11  <b>Farmers Market</b> 3-7 pm, CCPL	12 <b>Summer Concert Series</b> 7 pm, SP 	13	14	15
Recycling Week August 9-15						
16	17 <b>City Council Meeting</b> 7 pm, CC	18 <b>Economic Dev. Comm.</b> 7:30 am, UC  <b>Farmers Market</b> 3-7 pm, CCPL	19	20	21	22
23 	24 <b>Environ. Quality Comm.</b> 7 pm, CC	25  <b>Farmers Market</b> 3-7 pm, CCPL <b>Planning Comm.</b> 7 pm, CC	26 <b>Human Rights Comm.</b> 7 pm, CC	27 <b>Park And Recreation Committee</b> 7 pm, CC	28	29
30	31					
Recycling Week August 23-29						

SEPTEMBER 2009

CITY





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1  <b>Farmers Market</b> 3-7 pm, CCPL	2	3 <b>Bike And Trails Committee</b> 7 pm, LC	4	5
6 	7 <b>City Hall Closed</b>	8  <b>Farmers Market</b> 3-7 pm, CCPL <b>City Council Mtg.</b> 7 pm, CC	9	10	11	12
Recycling Week September 6-12						
13	14 <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	15 <b>Economic Dev. Comm.</b> 7:30 am, UC  <b>Farmers Market</b> 3-7 pm, CCPL	16	17 <b>Public Safety Committee</b> 7 pm, LC	18	19
20 	21 <b>City Council Meeting</b> 7 pm, CC	22  <b>Farmers Market</b> 3-7 pm, CCPL <b>Planning Comm.</b> 7 pm, CC	23 <b>Human Rights Comm.</b> 7 pm, CC	24 <b>Park And Recreation Committee</b> 7 pm, CC	25	26 <b>Kids Garage Sale</b> 9 am-Noon, CCPL <b>Touch-A-Truck</b> 9 am-Noon, CCPL
Recycling Week September 20-26						
27	28 <b>Environ. Quality Comm.</b> 7 pm, CC	29  <b>Farmers Market</b> 3-7 pm, CCPL	30			

\*\*\* Meeting dates/times/locations are subject to change. For more current information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov) or call 651.490.4600.

# SHOREVIEW CALENDAR

2

OCTOBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park		1 <b>Bike And Trails Committee</b> 7 pm, LC	2	3
4 	5 <b>City Council Meeting</b> 7 pm, CC	6  <b>Farmers Market</b> 3-7 pm, CCPL	7	8	9	10
Recycling Week October 4-10						
11	12 <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	13  <b>Farmers Market</b> 3-7 pm, CCPL	14	15	16	17
18 	19 <b>City Council Meeting</b> 7 pm, CC	20 <b>Economic Dev. Comm.</b> 7:30 am, UC	21	22 <b>Park And Recreation Committee</b> 7 pm, CC	23 <b>Halloween Hoopla</b> 6-8 pm Arden Hills City Hall	24
Recycling Week October 18-24						
25	26 <b>Environ. Quality Comm.</b> 7 pm, CC	27 <b>Planning Comm.</b> 7 pm, CC	28 <b>Human Rights Comm.</b> 7 pm, CC	29	30	31

NOVEMBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 <b>City Council Meeting</b> 7 pm, CC	3	4	5 <b>Bike And Trails Committee</b> 7 pm, LC	6	7
Recycling Week November 1-7						
8	9 <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	10	11 <b>City Hall Closed</b>	12	13 <b>Character Costume Ball</b> 6-7:30 pm, SCC	14
15 	16 <b>City Council Meeting</b> 7 pm, CC	17 <b>Economic Dev. Comm.</b> 7:30 am, UC	18 <b>Human Rights Comm.</b> 7 pm, CC	19 <b>Public Safety Committee</b> 7 pm, LC	20	21
Recycling Week November 15-21						
22	23 <b>Environ. Quality Comm.</b> 7 pm, CC	24 <b>Planning Comm.</b> 7 pm, CC	25	26 <b>City Hall Closed</b>	27 <b>City Hall Closed</b>	28
29 	30					
Recycling Week November 25-December 5						

\*\*\* Meeting dates/times/locations are subject to change. For more current information visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov) or call 651.490.4600.

**City Council**

Sandy Martin, Mayor 651.490.4618  
sandymartin444@comcast.net  
Office Hours: Tuesdays 3-5 p.m.  
at City Hall

Blake Huffman 651.295.7029  
blakehuffman@comcast.net

Terry Quigley 651.484.5418  
tjquig@comcast.net

Ady Wickstrom 651.780.5245  
ady@adywickstrom.com

Ben Withhart 651.481.1040  
Benwithhart@yahoo.com

**City of Shoreview**

www.shoreviewmn.gov  
Phone: 651.490.4600

**City**

Terry Schwerm 651.490.4611  
City Manager tschwerm@shoreviewmn.gov

Jeanne Haapala 651.490.4621  
Finance Dir. jhaapala@shoreviewmn.gov

Tom Simonson 651.490.4612  
Assistant City Manager/Comm. Dev.  
Director  
tsimonson@shoreviewmn.gov

Jerry Haffeman 651.490.4751  
Parks and Recreation Director  
jhaffeman@shoreviewmn.gov

Mark Maloney 651.490.4651  
Public Works Director  
mmaloney@shoreviewmn.gov

Tower Interference 651.484.7510

**Shoreview Area Library**

4750 Victoria Street North  
Shoreview, MN 55126  
Phone: 651.486.2300  
www.ramsey.lib.mn.us

**Federal Elected Officials**

U.S. Senator Amy Klobuchar  
1 Federal Drive, Federal Building  
Suite 298  
Fort Snelling, MN 55111  
612.727.5220

U.S. Representative Betty McCollum  
165 Western Avenue North  
Suite 17  
St. Paul, MN 55102  
651.224.9191  
www.house.gov/mccollum/contact.html

**State Elected Officials**

Governor Tim Pawlenty  
Minnesota State Capitol  
Room 130  
75 Rev. Martin Luther King Jr. Blvd.  
St. Paul, MN 55155  
651.296.3391  
tim.pawlenty@state.mn.us

State Senator Satveer Chaudhary-District 50  
317 State Office Building  
St. Paul, MN 55155  
651.296.4334  
Sen.satveer.chaudhary@senate.mn

State Senator Sandy Rummel-District 53  
323 Capitol Building  
St. Paul, MN 55155  
651.296.1253  
sen.sandy.rummel@senate.mn

State Senator John Marty-District 54  
323 State Office Building  
St. Paul, MN 55155  
651.296.5645  
Sen.john.marty@senate.mn

State Rep. Kate Knuth-District 50B  
429 State Office Building  
St. Paul, MN 55155  
651.296.0141  
Rep.kate.knuth@house.mn

State Rep. Paul Gardner-District 53A  
581 State Office Building  
St. Paul, MN 55155  
651.296.2907  
Rep.paul.gardner@house.mn

State Rep. Bev Scalze-District 54B  
357 State Office Building  
St. Paul, MN 55155  
651.296.7153  
Rep.bev.scalze@house.mn

**County Elected Officials**

Ramsey County Commissioner Tony Bennett  
City Hall-220 Courthouse  
15 W. Kellogg Boulevard  
St. Paul, MN 55102  
651.266.8350  
Tony.Bennett@co.ramsey.mn.us

**Post Office**

4390 McMenemy Street  
Vadnais Heights, MN 55127  
Phone: 651.481.1951

**Police**

Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwood Drive, Arden Hills, MN 55112.

**For non-emergencies call**

**651.484.3366**

**For emergencies call 911**

**Fire**

**For emergencies call 911**  
**Dispatch, Non-emergency**  
**651.767.0640**

Lake Johanna Fire Department  
Fire Chief, Tim Boehlke 651.481.7024

**Station 1**

3246 New Brighton Road  
Arden Hills, MN. 55126 651.633.0349

**Station 2**

4676 Hodgson Road  
North Oaks, MN. 55127 651.484.3444

**Station 3 (Headquarters)**

5545 Lexington Avenue North  
Shoreview MN 55126 651.481.7024

**Station 4**

3615 Victoria Street  
Shoreview MN 55126 651.483.0767

**Ambulance & Paramedic**

Ambulance and paramedic services are provided by Allina Medical Transportation.

**For emergencies call 911**

**Hours:**

Mon. . . . . 10 a.m. – 8:30 p.m.  
Tues. & Wed. . . . . 1:30 p.m. – 8:30 p.m.  
Thurs., Fri., & Sat. . . . . 10 a.m. – 5 p.m.  
Sun. . . . . noon – 5 p.m.

**Animal Control**

If you wish to report a lost or found pet, animal complaints or wandering pets, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366. For other emergencies call 911.

All impounded animals will be impounded at the following location:  
Hillcrest Animal Hospital  
1320 Highway 61  
Maplewood, MN 55109  
651.484.7211  
Mon, Wed and Fri 8 a.m. – 6 p.m.  
Tues and Thurs 8 a.m. – 8 p.m.

*This section has been created as a bulletin board of reminders for citizens. If you would like something added, please let us know.*

## Annual Fall Cleanup Set for October 3

Residents are encouraged to bring electronics, brush and tree waste, remodeling debris, appliances, tires, lawn-mowers and other household refuse not accepted by your general hauler. More information will be sent by mail to all residents.

**When:** Saturday, October 3, 8 a.m.-4 p.m.

**Where:** Shoreview Maintenance Center

## Tuesday, August 4th is *Night To Unite!*

Join neighbors across Shoreview on Tuesday, August 4, 2009 for the 1st Annual Night to Unite in Minnesota. Night to Unite is sponsored by the Minnesota Crime Prevention Association, AAA of Minnesota/Iowa, and local law enforcement agencies to celebrate and strengthen neighborhood and community partnerships.

Night to Unite is designed to:

1. Get to know one another in your neighborhood;
2. Build neighborhood involvement by bringing police and communities together; and
3. Bring awareness to crime prevention and local law enforcement efforts!

MCPA President Terry Thomson said, "I invite neighborhoods in every City and County throughout the state of Minnesota to become involved in Night to Unite activities. This is an opportunity for neighborhoods and communities to band together, enjoy a summer evening and get to know who belongs in their neighborhoods."

For more information pertaining to Night to Unite or how to get involved, contact Dep. John Eastham, Night to Unite coordinator at 651.266.7339.

## Code Reminder: Lawn Maintenance

According to City Code: 211.060, grass clippings, weed clippings and leaves shall be disposed of in a reasonable time by composting in a proper manner. Residents can use the Ramsey County Compost Site or have a compost site located in the rear yard, at least 10 feet from any property line and 30 feet from any adjoining residence and designed so the seepage from the compost will not run off into public or private streets, storm sewers, drainage ditches water retention, basins, streams or lakes.

### The Ramsey County Compost Site Hours

March 30 – November 30 (weather permitting)

Open on the following dates:

Monday, Wednesday, & Friday: 11:00 A.M. - 7:00 P.M.

Saturday: 9:00 A.M. - 5:00 P.M.

Sunday: 11:00 A.M. - 5:00 P.M.

Closed: May 25, July 4, & September 7



## No Parking on City Streets

Vehicles may not be parked on City streets between 2-5 a.m. Permits for special circumstances, such as driveway repair, may be obtained from the City to temporarily park on the streets for a minimal period. Permits will not be issued for streets posted as "No Parking" unless a Special Events Permit is acquired. Please call 651.490.4650 to request a permit.

## City Streets and Trails Maps Available

Enjoy our clean community, get out and discover the trails of Shoreview. If you would like a City Streets and Trail map, contact Gene Kruckenberg, Environmental Officer at 651.490.4650 or by e-mail at [gkruckenberg@shoreviewmn.gov](mailto:gkruckenberg@shoreviewmn.gov).

## Ramsey County Yard Waste and Brush Drop Off

Ramsey County operates a public compost site under agreement with the City for the disposal of leaves, grass clippings, brush and other compost materials. There is no charge for disposal of these materials at the compost site. No stumps please.

### Hours of Operations

Monday, Wednesday, Friday: 11 A.M. - 7 P.M.

Saturday: 9 A.M. - 5 P.M.

Sunday: 11 A.M. - 5 P.M.

The site is closed on major holidays. For more information visit [www.co.ramsey.mn.us](http://www.co.ramsey.mn.us) for compost site and locations.

## Compost Bins for Sale at City Hall

Compost Bins are available at City Hall for \$33.09

For more information, contact Gene Kruckenberg at 651.490.4655 or [gkruckenberg@shoreviewmn.gov](mailto:gkruckenberg@shoreviewmn.gov).



## COMMUNITY DEVELOPMENT

### Shoreview's Foreclosure Response Strategy

To effectively respond to property and housing maintenance issues associated with the recent rise of foreclosed and vacant homes in the community, Shoreview has developed a response strategy that combines housing initiatives with code enforcement. The intent of this approach is to stabilize neighborhoods and help ensure that these types of properties are maintained in accordance with the community's standards and brought back to productive use. This strategy includes:

#### ❑ *Economic Development Authority*

The EDA is currently exploring funding strategies and partnerships that encourages the reoccupancy and reinvestment in these homes.

#### ❑ *Housing Resource Center*

Serves as a resource for homeowners interested in foreclosure prevention and administers loan programs for first-time homebuyers and residential rehabilitation.

#### ❑ *Water Utility Shut-offs*

Discontinuing water service for properties that have been foreclosed and are vacant. Properties are inspected to determine vacancy and posted, as necessary. The intent is to prevent

water damage that can occur in vacant buildings.

#### ❑ *Code Enforcement*

Monitoring those properties that are known to be in foreclosure or are vacant for compliance to the City's property and housing maintenance standards.

If you are aware of a foreclosed or vacant property in your neighborhood, please notify the Community Development Department at 651.490.4687. If something appears to be suspicious, call the Ramsey County Sheriff's Department at 651.484.3366 and report the activity. Be sure to have the address of the house and let the dispatcher know that the house may be vacant or in foreclosure.



### Opportunity City Pilot Program

Shoreview was one of five Twin Cities communities that received assistance from the Urban Land Institute Minnesota and the Regional Council of Mayors, through the Opportunity City Pilot Program. The goal of the Opportunity City Pilot Program is to build on the collaborative relationships among RCM and ULI professionals to identify and implement best practices that support a full range of housing choices for economic stability and regional prosperity.

The first phase of the pilot program included a housing audit prepared by consulting experts in housing and demographics. The study identified tools and strategies the City can use to better address the current and future housing needs of our residents. The second phase of the pilot program, conducted a site analysis for a potential redevelopment site utilizing a technical advisory panel. The panel developed recommendations for the potential renovation and/or redevelopment of the site and provided local policy leaders and the property owner with recommendations and site considerations to help the project move forward.



### Mortgage Foreclosures: Resources

If you are in the midst of foreclosure or fear you may soon be, take action now.

#### **Minnesota Home Ownership Center**

1000 Payne Avenue, Suite 200  
St. Paul, MN 55130  
651.659.9336  
[www.hcomn.org](http://www.hcomn.org)

#### **Children's Home Society and Family Services Foreclosure Program**

1711 W. County Rd. B  
Suite 200 S  
Roseville, MN 55113  
651.222.0311  
[www.chsfs.org](http://www.chsfs.org)

#### **Lutheran Social Services**

LSS Financial Counseling  
424 W. Superior St., Suite 600  
Duluth, MN 55802  
1.800.777.7419  
[www.lssmn.org/debt](http://www.lssmn.org/debt)

#### **Minnesota Housing Finance Agency**

400 Sibley St., Suite 300  
St. Paul, MN 55101-1998  
651.296.7608 or 1.800.657.3769

#### **ACORN Housing**

757 Raymond Ave., Suite 200  
St. Paul, MN 55114  
651.203.0008  
[www.acornhousing.org](http://www.acornhousing.org)

#### **HousingResource Center—NorthMetro**

1170 Lepak Court  
Shoreview, MN 55126  
Phone: 651.486.7401  
Fax: 651.486.7424  
Email: [NorthMetro@hrc.org](mailto:NorthMetro@hrc.org)

## Take The Quiz...Then Take This Clean Water Tour



### Q. A rain garden...

- A. 1) provides a venue for rain dances.  
2) stockpiles water for irrigation.  
3) filters storm runoff to help keep our waters clean.

### Q. A shoreline buffer...

- A. 1) attracts marauding geese.  
2) hides your old boat.  
3) prevents erosion of your shoreline.

Check out the answers at right and come to our third-annual clean water tour:

**Saturday & Sunday, August 1 & 2,  
from 12:30 to 5 p.m. at locations in  
Shoreview and Roseville**

You'll meet winners of the Shoreview Green Community Awards as you visit the rain gardens, shoreline buffers and other landscape features that make their yards more beautiful, attract desirable wildlife, and improve water quality. You can get tips for your own yard, too.

This is a free, self-guided tour. For a map of locations, visit the Shoreview Community Center, the Clean Water booth at Slice of Shoreview, or the Roseville City Hall. Or go online to [www.shoreviewmn.gov](http://www.shoreviewmn.gov).

Enjoy a peek at neighborhood yards and learn more about protecting water resources. Remember, clean water starts with you!

*This tour is sponsored by the Environmental Quality Committee of the City of Shoreview, with volunteer assistance from the Shoreview Green Community of the Sierra Club North Star Chapter.*

Answers: 3 and 3. A shoreline buffer, with tall grasses, can actually block geese on the lake from entering your yard. Effective rain gardens depend on native plants, whose long roots draw polluted water deep into the soil.

## NPDES Phase II Report

The City Council recently received the 2008 annual report for Shoreview activities relating to the National Pollutant Discharge Elimination System (NPDES) Phase II Storm Water Pollution Prevention Plan (SWPPP). Staff prepare this report every year for the purpose of documenting Shoreview's compliance with Minnesota Pollution Control Agency (MPCA) permit conditions.

Based upon population and level of urbanization, cities like Shoreview nationwide are required to be in compliance with these requirements. The NPDES Program requires cities like Shoreview to document and maintain a SWPPP that covers (at minimum) six control measures, including:

1. Public education and outreach
2. Public participation and involvement
3. Illicit discharge, detection and elimination
4. Construction of site runoff control
5. Post-construction site runoff control
6. Pollution prevention/good housekeeping

Shoreview's SWPPP identifies best management practices and measurable goals associated with each minimum control measure. The annual report on the implementation of SWPPP responds to mandatory areas within those six control measures, plus additional areas that reflect the City's long-standing policies to improve surface water runoff quality and treatment (ex. aggressive street sweeping, low-phosphorus fertilizer ordinance, etc.). A copy of this report can be found on our website at [www.shoreviewmn.gov](http://www.shoreviewmn.gov).

## Saving Green by Building Green

Many of us are looking for ways to save money. And one way to save lots is to make our homes more "green."

Green homes are homes that are built or remodeled to:

- Create healthier indoor environment
- Reduce water consumption
- Improve energy and resource efficiency
- Increase durability and the value of the home
- Preserve natural resources

There is also a financial benefit to building green. It helps reduce long-term operating costs, and may help you qualify for energy efficient mortgages and rebates, and improve resale value.

Green building or remodeling doesn't have to cost more. Many green-building products are price-competitive with conventional products. While recycled materials from a business such as the Re-Use Center in Maplewood are cheaper than buying retail. Others cost more upfront but provide long-term energy, maintenance, durability, and/or

health savings. Look for opportunities to make practical cost-tradeoffs to achieve maximum benefit. For example, spending more on insulation could be balanced by the need for a smaller furnace and/or air conditioner.

So how do you get started? Seek out contractors and other building professionals who know and understand "building science" and energy-efficiency as they relate to remodeling, and who are eager to apply "green" remodeling principles. Contact MN GreenStar for names of contractors who have completed program training. Also check with the Housing Resource Center in Shoreview.

Here are some helpful websites:  
<http://www.mngreenstar.org/index.html>

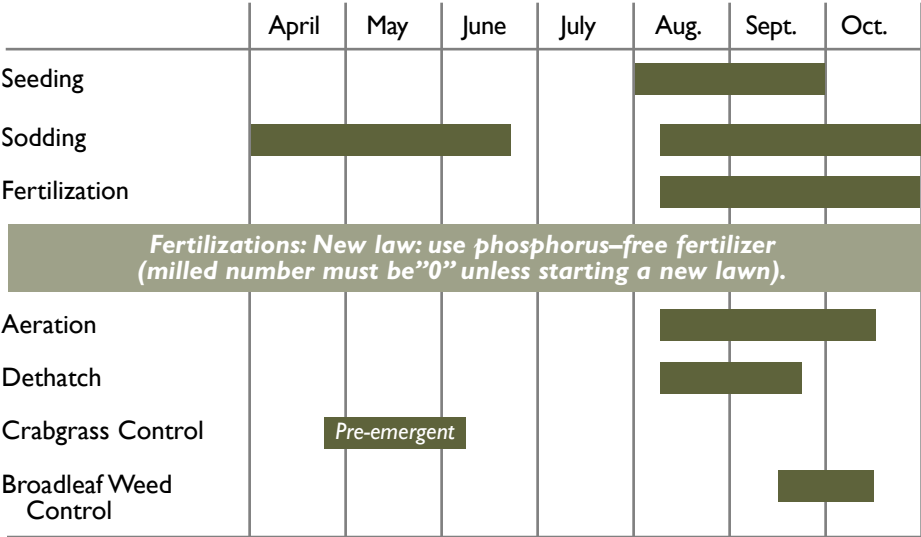
<http://www.housingresourcecenter.org/>

<http://www.pca.state.mn.us/oea/publications/greenremodeling.pdf>




## How You Manage Your Yard Impacts Water Quality

Use the chart below as a guideline. For more information about lawn care, go to [www.extension.umn.edu](http://www.extension.umn.edu) search “Low Input Lawn Care” (LILac).



**Rake Leaves and Grass Clippings out of the street.** Leaves and grass clippings are directly deposited into area waters through storm sewers and are a major contributor to phosphorous in our lakes causing excessive algal bloom.

 best time to do tasks

Lawns help provide for a family’s outdoor recreational needs as well as many environmental benefits. Lawns decrease water and wind erosion, and increase water infiltration into the soil which helps recharge groundwater supplies and helps protect surface water quality by reducing storm-water run-off. In addition, roots filter water moving through the soil. The periodic sloughing-off of grass roots, stems and leaves contributes large amounts of organic matter to the soil over time. Finally,

healthy lawns and other landscape plantings contribute to improved air quality by acting as traps for dust and other particulate matter. Maintain your lawn properly. Consider purchasing an electric mower or push mower to reduce emissions. If you do not use all of your lawn or you are looking for options to reduce the labor involved in maintaining a healthy lawn, consider restoring part of your lawn to a “no-mow” native planting. Native plants offer all of the benefits mentioned above



### Lawn Trivia

*Adapted from Wild Ones Handbook: Today's Lawns*

- 30-60% of urban fresh water is used for watering lawns.
- 67,000,000 pounds of synthetic pesticides are used on lawns in the U.S.
- 580,000,000 gallons of gasoline are used for lawnmowers. A 2-cycle lawnmower pollutes as much in one hour as does driving an average automobile for 350 miles.
- In the U.S., 20,000,000 acres are planted in residential lawns.
- During the active growing season, a healthy 25 square foot lawn will provide enough oxygen for one adult for one day. Green plants, including lawns, through the process of photosynthesis, contribute to a reduction in atmospheric CO2 while giving back O2.

to an even greater extent because of their extensive roots. Some native plants have roots extending down 15'. Native plantings also attract birds and butterflies. For more information go to [www.bluthumb.org](http://www.bluthumb.org).

## Lawn Watering Policy

The City of Shoreview will continue the watering restrictions through **September 15**. During peak demand periods, every aspect of the City's municipal water system must function with no margin for error or breakdown. Odd/even-type water use restrictions have the effect of lowering the maximum demand on any given day and spreading it across multiple days, making it more manageable from an operational standpoint. Residents with even-numbered houses (last digit of house address) can water lawns on even-numbered calendar days, odd-numbered houses on odd-num-

ber calendar days. These restrictions do not apply to properties that use a private well for watering purposes, or for water uses including car washing, filling of children's swimming pools, children playing in a hose-operated sprinkler or water toy, or hand-held watering of plants and shrubs. Residents with newly-sodded or seeded yards may obtain an exemption from the odd/even restriction for a period of two weeks. If you are using a private well, please contact us and we will add your name to our private well list. Residents requiring a two-week exemption should contact

the Shoreview Public Works Department at 651.490.4650.

### Penalty

Only one (1) written warning will be issued for violators. Penalties will be billed to the customer and collected as part of the City's utility bill. The penalty fees for violations of the water use restrictions are as follows:

- 1st penalty – Warning**
- 2nd penalty – \$25.00**
- 3rd penalty – \$50.00**
- 4th penalty – referred to City Attorney**

## “Hangout” in a Place Where People Congregate

Do you remember Schifsky's Beach? How about the Shoreview Roller Rink? People are still hanging out at the Dairy Queen and Turtle Lake Beach. The Snail Lake Club/Tavern was a popular hangout for locals as well as a destination for city folks. Even gangster John Dillinger was reputed to have spent some time there.

The Shoreview Historical Society will feature a phot exhibit of Shoreview Hangouts at the Slice of Shoreview, July 24-26. Stop by to check it out.



*Shoreview Roller Rink, now the entrance to Rainbow Foods*



*Dairy Queen, on the corner of 49 and 96*



*Swimmers at the Turtle Lake Beach*

## Shoreview-Einhausen Sister City Association

Shoreview-Einhausen Sister City Association (SESCA) is a volunteer nonprofit organization that promotes friendship and international goodwill by building relationships between the citizens of Shoreview, Minnesota and Einhausen, Germany. There are many opportunities for involvement in social and cultural activities during the year.

The SESCO Annual Meeting was held March 2nd. Elections were held for Board of Directors and Officers. Those elected and continuing Board Members include Lee Poppe (President), Cheryl Wason (Vice President), Bill Kiehnbaum (Treasurer), Jae Cody (Secretary) Laura Kiehnbaum, Larry Rolison, JoAnn Goiffon, and Jane Ullmann-Bester.

SESCA sponsored an East Frisian Tea Celebration at the Shoreview Community Center on March 15th. Members of the Ostfreisen (East Frisian) Genealogical Society of America (OSGA) demonstrated the special tea service including a description of the culture and history for this daily activity.

The seventh annual SESCO German Dinner was held on March 29th at

Ideal Hall. The meal was catered by TST Catering and entertainment was provided by the Twin Cities Mannerchor from the German-American Institute in St. Paul. The speaker was Dr. LaVern Rippley, professor of German at St. Olaf College in Northfield, Minnesota.

There was a group of 27 people from the Einhausen Partnerschaft who visited Shoreview for the Slice of Shoreview July 24-26. They stayed in homes while they were here. A welcome dinner was held for them on July 26th.

SESCA will be sponsoring another trip to Einhausen. We are looking at 2010 for this trip.

Many exciting things are happening with SESCO. Come join us as we move forward with exciting new events and challenges. Our meetings are held the first Monday of the month at 7:00 pm in the lower level conference room at Shoreview City Hall. Willkommen!

For more information about SESCO, please visit our website at [www.sesca.org](http://www.sesca.org). For more information about Einhausen, please visit their website at [www.einhausen.info](http://www.einhausen.info).

## Rice Creek Watershed District

The purpose of the Rice Creek Watershed District is to conserve and restore the water resources of the District for the beneficial use of current and future generations. RCWD Programs to Serve Residents, Schools and Cities to Educate about Key Issues:



### Blue Thumb – Planting for Clean Water

The Blue Thumb – Planting for Clean Water program, started by the RCWD, has won multiple awards and now has over 60 partners. Blue Thumb is an online outreach program with A to Z information to help residents plan and plant native gardens, raingardens and shorelines with native plants to help solve water quality problems.

### Resource Teachers – Human Resources

Teaching about Natural Resources Regular classroom teachers interested in incorporating or enhancing the environmental education into their units, can invite a guest “resource teacher” to come in and teach.

### Nonpoint Education for Municipal Officials NEMO

NEMO was created to provide information, education and assistance to local land use boards and commissions on how they can accommodate growth while protecting their natural resources and community character.

## Gallery 96 Art Center

### Fall Exhibition

Gallery 96 will hold its Fall exhibition at the Shoreview branch of the Ramsey County Library in November. The theme of the show will be "From a Child's Point of View."

### Spring Exhibition

Gallery 96 held its Spring exhibition at the Shoreview branch of the Ramsey County Library during May. The theme of the show was "Flora and Fauna."

### Artist Reception

An Artist's Reception was held on May 8 and \$50 prizes were awarded to the following artists: Don Bendickson, Janine Olmscheid, David Prochniak, Tom Reynen, George Robinson, Jane Samuelson (2 prizes), and Donna Young. The purchase award prize, which is a work purchased by Gallery 96 and donated to the Ramsey County Library, went to Sharon Peterson for *Doggie Day Spa*. The work will be hung in the children's section of the library and celebrates a program where children read to dogs in the library.

### Art Discussions

Gallery 96 sponsors monthly art discussions, the second Tuesday of each month at the Shoreview Community Center from 7-9 P.M. Upcoming dates are August 11, September 8 and October 13, 2009.



*Donna Young accepts a prize from George Robinson, President of Gallery 96.*



*Doggie Day Spa by Sharon Peterson was purchased by Gallery 96 and donated to the Ramsey County Library in appreciation for hosting Gallery 96 exhibitions.*

### Fireside Room Exhibit

Next time you are in the Shoreview Community Center, stop by and see the works of Gallery 96 artists on display in the glass cases in the Fireside Room on the main floor of the building.

### More Information

Visit the website at [www.gallery96.org](http://www.gallery96.org) or send inquiries to Gallery 96 Art Center, P.O. Box 270002, Vadnais Heights, MN 55127 or by calling 651-484-8710.



## Shoreview Community Garden Club

The Shoreview Garden Club meets at the Shoreview Community Center on the third Wednesday of the month at 7 p.m. Experienced gardeners or beginners, all are welcomed. Speakers talk on a wide range of gardening topics during the winter months. In the summer, the club tours gardens to get information and ideas. A spring plant sale is held to raise money for activities. Members contribute plants from their own gardens, so you know that they are hardy plants. For more information contact Sandi at 651.484.4341.

## CTV North Suburbs

CTV North Suburbs provides community television for the residents of ten cities, including Shoreview. CTV features programming by the community for the community—programs created by volunteers like you, your friends and neighbors. It's easy and fun! CTV provides training in video production, free use of equipment, and cable time on channels 14 and 15. To learn more, attend our free 1.5-hour orientation class, CTV 101. The class schedule is available at [www.ctv15.org](http://www.ctv15.org). For more information, call 651.792.7515.

## Cable TV Channel 16

Channel 16 features continuous programming, including public service announcements and broadcasts of the City Council and Planning Commission meetings. The Shoreview Today Program, a quarterly issue-oriented magazine show, is also featured on Channel 16.

### City Council Meetings

Broadcast Live  
7 p.m. First and Third Mondays

### Planning Commission

Broadcast Live  
7 p.m. Fourth Tuesdays



# COMMUNITY CENTER

## GENERAL INFORMATION AND HOURS



### Call for More Information

Community Center Information

**651-490-4700**

Recreational Programs (classes)

**651-490-4750**

Rental Information

**651-490-4790**

City Information

**651-490-4600**

### Kids Care Hours\*

Monday–Friday

8:30 A.M. – 12:30 P.M.

4:00 P.M. – 8:00 P.M.

Saturday

8:30 A.M. – 12:30 P.M.

CLOSED: Sept. 5 & 7; Nov. 26-28.

See p. 38 for details

\*additional fee required

### Community Center Information

- 14 laps equals 1 mile on the indoor track.
- One-rim basketball is played during open gym hours.
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gymbags are not allowed on the track.

### Daily Fees

Includes admission to the Tropics Indoor Waterpark, Indoor Playground, Fitness Center, Gymnasium and Indoor Track.

	Rate*	Shoreview Resident*
<b>Daily Pass</b>		
Adult (18 and over) .....	\$ 8.00 .....	\$ 6.50
Youth (1 to 17; under 1 free with paying adult) .....	\$ 7.00 .....	\$ 5.50
Family (Immediate family living in same household) .....	\$28.00 .....	\$22.00
Seniors (65 and older) .....	\$ 7.00 .....	\$ 5.50

**Indoor Playground Only** (ages 1 to 12) ..... \$ 4.50 ..... \$ 4.50

### Coupon Books (Includes 10 daily passes)

Adult .....	\$72.00 .....	\$58.50
Youth/Senior .....	\$63.00 .....	\$49.50

### Senior Track Discount (65 and over)

Per visit .....	\$ 3.50 .....	\$ 2.50
Punch card .....	\$28.00 .....	\$16.00

\*Sales Tax not included. Fees are subject to change.

We welcome payment by Visa and MasterCard.



### Hours

	Community Center	Water Park	Playground
Monday–Thursday	5:00 A.M. – 10:00 P.M.	4:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

\*Contingent on Mounds View School District calendar

### Holiday Hours

Call 651-490-4700 for specific information.			
Labor Day (Sept. 7)	5:00 A.M. – 6:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.
MEA (Oct. 15)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
MEA (Oct. 16)	5:00 A.M. – 10:00 P.M.	Noon – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
<b>Thanksgiving Break</b>			
(Nov. 23-25)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
(Nov. 26)	5:00 A.M. – 4:00 P.M.	Noon – 4:00 P.M.	8:00 A.M. – 4:00 P.M.
(Nov. 27)	8:00 A.M. – 10:00 P.M.	Noon – 10:00 P.M.	8:00 A.M. – 8:00 P.M.

### Lap Swim Hours

Monday–Friday	5:00 A.M. – Noon**
Monday–Thursday	9:00 P.M. – 10:00 P.M.**
Monday, Wednesday	4:00 P.M. – 6:00 P.M.**
Saturday	6:00 A.M. – 8:00 A.M.
Sunday	6:00 A.M. – Noon**

No lap swim Monday September 7, 4:00 P.M. – 6:00 P.M.

\*\*Lanes are limited. Ask at the service desk for a complete schedule.

Annual pool shut down September 8-25—closed for maintenance.

# COMMUNITY CENTER

## MEMBERSHIP FEES AND BENEFITS

### Membership Fees

	Rate*	Shoreview Resident*
<b>Annual Membership</b>		
Family .....	\$ 616.50	\$ 477.00
Dual .....	\$ 549.00	\$ 432.00
Adult .....	\$ 364.50	\$ 279.00
Youth/Senior .....	\$ 288.00	\$ 225.00
<b>Seasonal Membership</b> (Three month)		
Family .....	\$ 250.00	\$ 205.00
Dual .....	\$ 230.00	\$ 180.00
Adult .....	\$ 165.00	\$ 125.00
Youth/Senior .....	\$ 125.00	\$ 100.00
<b>Annual Membership Billed Monthly</b> (With one year membership agreement)		
Family .....	\$ 55.00	\$ 44.00
Dual .....	\$ 48.00	\$ 40.00
Adult .....	\$ 33.00	\$ 27.00
Youth/Senior .....	\$ 28.00	\$ 22.00

\*Rates do not include sales tax. There is a membership cancellation fee of \$100. New prices include 10% discount. 10% discount will not be valid with current prices.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family is immediate family residing in the same household and children must be under 22 years of age. Proof of dual and family member qualification is required.

Fees are subject to change.

We welcome payment by Visa and Mastercard.



### Membership questions?

Contact Guest Services at **651-490-4739**.

### Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739.

BLUE CROSS BLUE SHIELD OF MINNESOTA

BLUE CROSS BLUE SHIELD OF NORTH DAKOTA

UNITED HEALTH CARE · HEALTH PARTNERS · MEDICA · UCARE



**MEDICA** **Ucare**

### Annual Membership includes unlimited use of:

- Fitness Center (14 years and older. Ages 12 and 13 must complete Teen Equipment Orientation)
- 30% off Group Fitness Classes
- Tropics Indoor Waterpark
- Tropical Adventure Indoor Playground
- Indoor Track (14 years and older)
- Basketball Courts
- Whirlpool (Adults 18 years and older)
- \$1 per hour per child Kids Care rate
- For non-residents, a special recreation program Registration Day and the ShoReview mailed to your home.

### NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

- 2 family guest passes
- 2 fitness drop-in class passes
- 2 Wave Cafe coupons
- 1 Kids Care sampler card
- 10% off Personal Training packages of 3 or more sessions

**Experience Us** book is designed to encourage new members to experience all the amenities the Community Center has to offer.



*The Shoreview Community Center is the perfect place to spend time with your friends and family while getting your daily workout!*

## TROPICS INDOOR WATERPARK

12



### Enjoy the Metro Area's Best Indoor Waterpark!

Experience the excitement of Tropics Indoor Waterpark. You, your family, and friends will create treasured memories as you speed down the "Shark Attack" waterslide that's out of this world!

We provide a safe place to play for preschoolers and tots, providing them with ample room to scamper through the zero-depth "beach" area, ship-wreck slide, shallow water play area, and interactive play structure. Youth and adults can enjoy the thrill of the metro's most exciting indoor waterslide. Play water volleyball or slam-dunk the basketball in the palm tree hoop. Challenge yourself to the tropical water walk or climb aboard one of our giant floating sea creatures. We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

*Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be within arms' reach of that child at all times.*

### TROPICAL TUESDAY

6:00–9:00 P.M.

One free youth admission per paying adult.

### Waterpark Hours

Starting Sept. 26 (Annual pool shut down Sept. 8-25)

The Waterpark includes "Shark Attack" waterslide, beach boat slide, floating sea creatures, water walk, water volleyball and basketball.

Monday, Wednesday, Thursday . . . . .	4:00 P.M. – 9:00 P.M.*
Tuesday . . . . .	6:00 P.M. – 9:00 P.M.
Friday . . . . .	4:00 P.M. – 10:00 P.M.
Saturday . . . . .	Noon – 8:00 P.M.
Sunday . . . . .	Noon – 6:00 P.M.

*\*Floating sea creatures will not be available during water aerobics, Shark Attack, and beach will remain open.*

*Children age 6 years and under must have a paid adult in the water with them.*

### Waterpark Holiday Hours

Call 651-490-4700 for specific information.

Labor Day (Sept. 7)	Noon – 6:00 P.M.
MEA (Oct. 15)	Noon – 9:00 P.M.
MEA (Oct. 16)	Noon – 10:00 P.M.
Thanksgiving Break	
(Nov. 23-25)	Noon – 9:00 P.M.*
(Nov. 26)	Noon – 4:00 P.M.
(Nov. 27)	Noon – 10:00 P.M.

### Pool Information

- Certified lifeguards are on duty in the pool at all times.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arms' reach. Arm floatation and floatation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Complete pool schedules and lap swim policy are available at the service desk.
- 33 laps equals 1 swimming mile in the lap lanes.





# COMMUNITY CENTER

## TROPICAL ADVENTURE INDOOR PLAYGROUND

Come crawl through the caves, swing through the jungle, slip down the waterfall slide, and scream down the five level spiral slide.

Monday-Saturday . . . . . 8:00 A.M. – 8:00 P.M.

Sunday . . . . . 8:00 A.M. – 6:00 P.M.

Daily visit \$4.50 per child, ages 1-12  
FREE to members

### General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- Groups visiting the playground are posted at the entrance each week
- For information about reserving space for your group, call 651-490-4790



## SPEND YOUR BIRTHDAY IN THE TROPICS

14



### Make Your Child's Birthday Party Special!

**Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center**

Celebrate your child's birthday party in the tropical themed poolside birthday party rooms! Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

**Call 651-490-4790 to reserve your party package today!**



### TROPICAL PACKAGE

#### **Cake Deal**

Includes personalized birthday cake and ice cream, pop, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$14 per person  
\$13 Shoreview Resident

#### **Meal Deal**

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$17 per person  
\$16 Shoreview Resident

### ADVENTURE PACKAGE

#### **Cake Deal**

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$12 per person  
\$11 Shoreview Resident

#### **Meal Deal**

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$15 per person  
\$14 Shoreview Resident

#### **Beachcomber Bay** *(shared party room)*

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

#### **Coconut Cove** *(private pool-side party room)*

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$25 room rental fee.

#### **Meeting / Party Rooms\***

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$40 Regular rental fee  
\$25 Shoreview Resident rental fee

\*\$25 Refundable Damage Deposit

Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.

PARTY IN THE TROPICS

Special Rentals Have the Place to Yourself and Invite Your Friends!

Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. Prices are per person.

Overnight Rentals

Rate: \$17; \$15 Shoreview Resident

Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours .....	\$ 8.50	\$ 8.00
Three hours .....	\$ 9.00	\$ 8.50
Four hours .....	\$ 9.50	\$ 9.00

\*Sales tax not included.

Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 25 or more
- Call 651-490-4790 for group rate and reservation information



MARK YOUR CALENDAR!

Kid Garage Sale & Touch-A-Truck

September 26  
Shoreview Community Center Pavilion and Lower Level Parking Lot. Buy, sell, discover!  
See page 37 for details.

Character Costume Ball

November 13  
Shoreview Community Center  
Calling Superman, Spiderman, and Batman! Inviting Cinderella, Hannah Montana, and Fairy Princesses! Come one, come all to our Character Costume Ball!  
See page 37 for details.

Mom & Me Gym Time

Wednesdays beginning Sept. 23  
Move and groove your way to fun and fitness!  
See page 36 for details.

Family New Year's Eve Party

December 31  
Mark your calendar with an X for our Pirate New Year's Eve Party. Walk the plank, find buried treasure, and discover all the fun the Shoreview Community Center has to offer.  
See page 37 for details.



# COMMUNITY CENTER

## BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.



### Call for More Information

Community Center Information

**651-490-4700**

Recreational Programs (classes)

**651-490-4750**

Rental Information

**651-490-4790**

City Information

**651-490-4600**

### Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 595	\$ 520
Friday .....	\$ 950	\$ 850
Saturday .....	\$1,100	\$1,000

*Fees are subject to change. Tax not included. Call for more information.*

### Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 395	\$ 320
Friday .....	\$ 695	\$ 595
Saturday .....	\$ 795	\$ 695

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 210	\$ 180
Friday and Saturday .....	N/A	N/A

*Fees are subject to change. Tax not included. Call for more information.*

# COMMUNITY CENTER

## COMMUNITY & MEETING ROOM FACILITIES

### Shoreview Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Shoreview Pavilion. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$190; \$165 Shoreview Resident

*\*Sales tax not included. Refundable damage deposit required.*

### Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park. . . . . Seats 15

Shamrock Park . . . . . Seats 35

McCullough Park. . . . . Seats 15

Commons Park . . . . . Seats 20

### Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment.

- Island Lake Room is rented in 2-hour blocks.
- Refundable damage deposit: \$25

Rate: \$65; \$50 Shoreview Resident

*\*Sales tax not included.*

### Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.
- Rates are listed per room for each time block rented.
- Refundable damage deposit: \$25 per room.

Rate: \$40; \$25 Shoreview Resident (50% of group living in Shoreview)

*\*Sales tax not included.*



### Group Rates

- All parties of 10 or more receive our special group rate.
- Reservations required for all groups of 25 persons or more.



# Shoreview Parks and Recreation

651-490-4750

## Phone Directory

Registration & Information .....	651-490-4750
Community Center .....	651-490-4700
Rentals & Birthday Parties .....	651-490-4790
Kids Care Service .....	651-490-4763
Job Line .....	651-490-4637
Program Information Line .....	651-490-4765

## Table of Contents

Adaptive Recreation Club .....	pg 52
Adult Recreational Sports .....	pg 47
Aquatics .....	pg 20
Community Information .....	pg 53
First Aid and CPR .....	pg 24
Fitness .....	pg 25
Golf .....	pg 44
Kids Care .....	pg 34
Martial Arts .....	pg 33
Personal Training .....	pg 30
Preschool .....	pg 36
Recreation Areas .....	pg 54
Registration Forms .....	pg 55
Registration Information .....	pg 56
Senior Activities, Services .....	pg 48
Special Events .....	pg 37
Sports Performance .....	pg 31
Sweetroll Skate Park .....	pg 45
Teen Programs .....	pg 45
Tumbling .....	pg 39
Youth Programs .....	pg 38
Youth Sports .....	pg 41

## NEW Programs!

Boot Camp .....	pg 27
Arthritis Foundation Aquatic Program .....	pg 32
Strength Training .....	pg 30
Cardio BOSU .....	pg 27
Core Fusion .....	pg 27
Girls Volleyball League .....	pg 44
Teen Programs .....	pg 45
Senior Cinema .....	pg 50
Acting & Anecdotes .....	pg 50
Homeopathy .....	pg 50

# FALL REGISTRATION SCHEDULE

**Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.**

## Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

### Tuesday, August 4

On-line registration for residents begins at 8:00 A.M.

### Thursday, August 6

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

## Annual Community Center Member Registration

### Thursday, August 6

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

## General Registration

Anyone may register at this time. No residency or membership required.

### Tuesday, August 11

On-line registration begins at 8:00 A.M.

### Thursday, August 13

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

*\* Register now for summer youth sports leagues, kids corner preschool, Dazzling Divas, lifeguard training, adult tennis ladder, kickball, personal training and run/walk training.*

# EASY 5 WAYS TO REGISTER

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person





## ONLINE REGISTRATION INFORMATION

***Tired of waiting in line? Want to register on your schedule and from the comfort of your home or office? Then choose on-line registration!***

### What you need to know:

- Each family needs a user name and PIN
- New users need to request a user name and PIN at least 5 days before registration begins
- When it is your date to register, log-on to <https://registration.shoreviewmn.com> and choose your classes

### New Users

- Registering on-line requires a user name and PIN number.
- To obtain a user name & PIN, complete a Participant Information Form by:
  - ~ Download it from the web: <http://www.ci.shoreview.mn.us/Parks/RecPrograms.html>
  - ~ Stop by during office hours to complete a form in person
  - ~ Call 651-490-4750 to have a form faxed or mailed to you

### Current Users

- You have a user name and PIN assigned to your family
- To add a family member to your account, call 651-490-4750 or email [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)
- If you have forgotten your user name or PIN, please contact us at 651-490-4750

### Questions?

Call 651-490-4750 or email [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)



## Now Hiring!

### *Jobs That Fit Your Lifestyle!*

Part-time • Flexible Hours • Fun People  
Shoreview Parks & Recreation Department  
is now hiring! Training is provided.

### POSITIONS

**After School Sports Instructors**  
**Basketball Score Keepers**  
**Child Care Attendants**  
**Concession Attendants (Wave Cafe)**  
**Dodgeball Officials**  
**Fitness Instructors**  
**Gym Supervisors**  
**Ice Rink Attendants**  
**Ice Skating Instructors**  
**Lifeguards (we will train)**  
**Personal Trainers**  
**Service Desk**  
**Swimming Instructors**

**FREE Parking**  
**Direct Deposit and**  
**Community Center**  
**Membership!**

***HURRY! JOBS OPEN UNTIL FILLED!***

Call or stop by:

Shoreview Parks & Recreation  
4580 North Victoria Street, Shoreview, MN 55126  
(651) 490-4750 • TDY (651) 490-4750  
Job Line (651) 490-4637 • [www.ci.shoreview.mn.us](http://www.ci.shoreview.mn.us)

*The City of Shoreview is an equal opportunity employer.*

## PHOTO SEARCH

We invite you to submit your favorite photos of you or your child participating in Shoreview Parks and Recreation activities for possible publication in the ShoReview. Submit your photo to [photos@shoreviewmn.gov](mailto:photos@shoreviewmn.gov) and include your contact information, names of individuals in the photo, and activity or location. Please limit photo size to 500k and one photo per email.

## SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Classes are designed to be progressive. At each level students will be introduced to a new skill and previously learned skills will be reviewed. Our instructors are chosen for their desire to teach, enthusiasm and ability. Instructors participate in a training program and shadow an experienced instructor for one session. The Community Center pool water temperature is kept between 83 and 84 degrees.

### LESSONS

**A variety of lessons are available to meet your student's individual needs.** The Community Center pool does not restrict open, recreational use during lessons, except Saturday mornings and Sunday mornings during the school year. If you are concerned about other swimmers affecting your child's lessons, sign up for the weekend morning lessons at Community Center.

#### Group Lessons

Rates for all group lessons \$66; \$56 Shoreview Resident

These lessons will have 1 instructor to a student ratio of:

PS	1 to 4
L1-L3	1 to 6
L4 – L7	1 to 8

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. For more information on group lesson levels please refer to descriptions located at right. If you are not sure what level to register your child for or have not been in classes in a while, please stop by the Aquatic Office and have one of our aquatic staff evaluate your child.

#### Private Lessons (PR)

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Available private lessons are located on pages 22 and 23.

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$133; \$123 Shoreview Resident

\$103; \$93 Shoreview Resident each for two participants of equivalent ability



## AQUATICS LEVEL DESCRIPTIONS

### First Splash (FS) *Ages 9 Months to 3 Years*

Make your first splash together. Parents and children will learn water adjustment and basic skills. One adult must accompany each child in the water.

### Preschool (PS) – Jelly Fish *Ages 3 and 4*

This course is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely.

### Level 1 (L1) – Angel Fish *Ages 4 to 6*

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

### Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch.

Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 5 to 10 yards.
- Personal safety skills
- Flutter kick with support

# AQUATICS LEVEL DESCRIPTIONS

## Level 2.5 (L2.5) – Otters

The new level 2.5 Otters has been established to help bridge the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front, back crawl
- Deep water

## Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Coordinate back crawl
- Elementary backstroke
- Treading water
- Flutter kicks and whip kick

## Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke kick
- Breaststroke (introduction)
- Treading water, 1 minute
- Open turns

## Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Butterfly stroke will be introduced. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Butterfly (introduction)

## Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances. Swimmers will learn the following:

- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Turns

## Level 7 (L7) – Sharks

- Endurance skills
- Personal water safety
- Diving
- Stroke techniques
- Basic workouts

## Teen/Adult Instruction (AI) *Ages 13 to Adult*

For mature learners starting with basic swimming skills. Participants will learn everything from floating to efficient strokes at a personalized speed. Class sizes will be kept small for individualized attention.

## Youth Beginner (YB) *Ages 6 and up*

This class is designed to ease anxiety in and around the water for children age 6 and older who have not participated in lessons. They will work on floating, front and back crawl.

## JUNIOR LIFEGUARD

Ages 9+

Tuesday & Thursday, Dec. 15 & 17 . . . . . 6:30 P.M. – 8:00 P.M.  
\$66; \$56 Shoreview Resident . . . . . **Activity # 450402-02**

Community Center Pool

With professional lifeguards as instructors, this program will teach water safety, first aid techniques, build self-confidence and help youths understand the work of lifeguards. Participants learn about pool and open water safety in a fun and challenging atmosphere. Youth will also participate in a variety of fun events such as: Distance Swim, Swim Relays and Rescue Relay's to name a few. Class will meet for 2 sessions, and includes a shadow session.

## LIFEGUARD TRAINING

See page 24

## SWIM INSTRUCTOR AIDE PREPARATION TRAINING (SIA)

Ages 15 and up

Thursdays, Oct. 1 – Dec. 3 . . . . . 5:45 P.M. – 7:40 P.M.  
*No Class Oct. 15 & Nov. 26*

\$66; \$56 Shoreview Resident . . . . . **Activity # 430319-01**

This course is for youth age 15 and older who are interested in teaching swim lessons. Participants must be competent swimmers and able to complete the pre-skill test on the first day. This program focuses on leadership, problem solving, teaching skills, community interaction and teamwork with the Shoreview Community Center Swim Lesson Program. Students will be required to participate in 8 training sessions and complete 10 hours of volunteer apprenticeship training. To be considered for employment you must be age 16 and completed a minimum of 25 hours of apprenticeship training. If employed you will be required to complete a CPR and First Aid Training Course First Aid Training Course.



# AQUATICS

## MONDAY Sept 28 – Nov 16

### Morning

9:25 A.M.	PS	430111-01
10:05 A.M.	LI	430101-01
10:45 A.M.	L2	430102-01
11:25 A.M.	LI	430101-02

### Evenings

4:00 P.M.	PS	430111-02
	L2	430102-02
	L2.5	430112-01
4:40 P.M.	PS	430111-03
	LI	430101-03
	L2	430102-03
	L3	430103-01

5:20 P.M.	LI	430101-04
	L2.5	430112-02
	L3	430103-02

6:00 P.M.	PS	430111-04
	L2	430102-04
	L4	430104-01

6:40 P.M.	FS	430110-01
	LI	430101-05
	L3	430103-03

7:20 P.M.	L2	430102-05
	L4	430104-02
	L5	430105-01

### Privates

8:45 A.M.	PR	430114-01
4:00 P.M.	PR	430111-02
4:35 P.M.	PR	430111-03
5:10 P.M.	PR	430111-04
5:45 P.M.	PR	430111-05
6:20 P.M.	PR	430111-06
6:55 P.M.	PR	430111-07
7:30 P.M.	PR	430111-08

## TUESDAY Sept 29 – Nov 17

### Morning

8:45 A.M.	FS	430110-02
9:25 A.M.	LI	430101-06
10:05 A.M.	PS	430111-05
10:45 A.M.	LI	430101-07
11:25 A.M.	PS	430111-06

### Evenings

4:00 P.M.	PS	430111-07
	LI	430101-08
	L2	430102-06
	L2.5	430112-03

4:40 P.M.	PS	430111-08
	LI	430101-09
	L3	430103-04
	L4	430104-03

5:20 P.M.	LI	430101-10
	L2	430102-07
	L3	430103-05

6:00 P.M.	PS	430111-09
	LI	430101-11
	YB	430113-01

6:40 P.M.	L2	430102-08
	L3	430103-06
	L4	430104-04

7:20 P.M.	L2.5	430112-04
	YB	430113-02
	AI	430116-01

### Privates

5:20 P.M.	PR	430111-09
5:55 P.M.	PR	430111-10
6:30 P.M.	PR	430111-11
7:05 P.M.	PR	430111-12

## WEDNESDAY Sept 30 – Nov 18

### Morning

9:50 A.M.	LI	430101-12
	PS	430111-10
10:35 A.M.	FS	430110-03
	LI	430101-13

### Evenings

4:00 P.M.	PS	430111-11
	LI	430101-14
	L2.5	430112-05
	L3	430103-07

4:40 P.M.	PS	430111-12
	LI	430101-15
	L2	430102-09
	L3	430103-08

5:20 P.M.	PS	430111-13
	LI	430101-16
	L2.5	430112-06
	L3	430103-09

6:00 P.M.	PS	430111-14
	LI	430101-17
	L2	430102-10
	FS	430110-04

6:40 P.M.	L5	430105-02
	YB	430113-03

### Privates

11:15 A.M.	PR	430111-13
	PR	430111-14
6:40 P.M.	PR	430111-15
	PR	430111-16
7:15 P.M.	PR	430111-17
	PR	430111-18
	PR	430111-19
	PR	430111-20

## AQUATIC KEY

- LI Level 1,2, etc...
- FS First Splash
- AC Adult/Teen Aquatic Conditioning
- AI Adult Instruction
- JL Junior Lifeguard
- PS Preschool
- PR Private Lessons
- YB Youth Beginner

Rates for all group lessons \$66  
\$56 Shoreview Resident

Please indicate second choice on your registration from  
in case your first choice is full.



## THURSDAY

Oct 1 – Dec 3

No Class Oct 15 & Nov 26

### Morning

8:45 A.M.	LI	430101-18
9:25 A.M.	L2	430102-11
10:05 A.M.	L2.5	430112-07
10:45 A.M.	L3	430103-10
11:25 A.M.	L4	430104-05

### Evenings

5:45 P.M.	PS	430111-15
	LI	430101-19
	L2	430102-12
	L2.5	430112-08

6:25 P.M.	PS	430111-16
	LI	430101-20
	L3	430103-11
	L4	430104-06

7:05 P.M.	LI	430101-21
	L2	430102-13
	L2.5	430112-09
	L3	430103-12

7:45 P.M.	L4	430107-07
	L5	430105-03
	L6	430106-01
	L7	430107-01

### Privates

4:00 P.M.	PR	430111-21
	PR	430111-22
	PR	430111-23
4:35 P.M.	PR	430111-24
	PR	430111-25
	PR	430111-26
5:10 P.M.	PR	430111-27
	PR	430111-28
	PR	430111-29

## SATURDAY

Oct 3 – Dec 5

No Class Oct 17 or Nov 28

### Morning

8:45 A.M.	FS	430110-05
	PS	430111-17
	LI	430101-22
	L2	430102-14
	L2.5	430112-10
	L3	430103-14
	L4	430104-08
	L5	430105-04

9:25 A.M.	PS	430111-18
	LI	430101-23
	L2	430102-15
	L2.5	430112-11
	L3	430103-15
	L4	430104-09
	L5	430105-05
	L6	430106-02

10:05 A.M.	PS	430111-19
	LI	430101-24
	L2	430102-16
	L2.5	430112-12
	L3	430103-16
	L4	430104-10
	L5	430105-06
	L6	430106-03

10:45 A.M.	FS	430110-06
	LI	430101-25
	L2	430102-17
	L2.5	430112-13
	L3	430103-17
	L4	430104-11
	L5	430101-07
	L7	430107-02

11:25 A.M.	PS	430111-21
	LI	430101-26
	L2	430102-18
	L2.5	430112-14
	L3	430103-18
	L4	430104-12
	L6	430106-04
	YB	430113-04

### Privates

8:45 A.M.	PR	430111-30
9:20 A.M.	PR	430111-31
9:55 A.M.	PR	430111-32
10:30 A.M.	PR	430111-33
11:05 A.M.	PR	430111-34

## SUNDAY

Oct 4 – Dec 6

No Class Oct 18 or Nov 29

### Morning

9:10 A.M.	PS	430111-22
	L2	430102-19
	L3	430103-19

9:50 A.M.	LI	430101-27
	L2.5	430112-15
	L4	430104-13

10:30 A.M.	LI	430101-28
	L2	430102-20
	L2.5	430112-16

11:10 A.M.	PS	430111-23
	LI	430101-29
	L3	430103-20

### Privates

9:10 A.M.	PR	430111-35
9:45 A.M.	PR	430111-36
10:20 A.M.	PR	430111-37
10:55 A.M.	PR	430111-38



**IS YOUR CHILD  
CELEBRATING A  
BIRTHDAY THIS FALL?**

**Come celebrate at the Tropics  
Indoor Waterpark and NEW  
Tropical Adventure Indoor  
Playground.**

**See page 14 for details or  
call 651-490-4790.**

## A Note About Community Center Lessons

If you wish to swim before or after class at the Community Center a wristband may be purchased at the guest service desk. Saturday & Sunday mornings your child will not be able to swim before or after class until open swim, which begins at noon.

# SPECIAL AQUATICS/CPR & FIRST AID

## SNORKELING

Ages 8 to 13

Thursday, October 15 ..... 9:00 A.M. – 10:00 A.M.  
\$20; \$15 Shoreview Resident ..... **Activity # 430306-01**

Monday, November 23 ..... 7:00 P.M. – 8:00 P.M.  
\$20; \$15 Shoreview Resident ..... **Activity # 430306-02**

Community Center Pool

A specialized class for youth ages 8 to 13 to explore the underwater world. Equipment is designed especially for youth. A variety of abilities are welcome although basic swimming skills are needed.

## GIRL SCOUTS, BOY SCOUTS

\$10 per child ..... **Activity # 430301-01**

Community Center Pool

Looking for a place to work on your swimming badges? Shoreview Parks and Recreation will help troops earn swimming badges. You provide the requirements for the badge your troop is working on, and we will have a certified lifeguard work with the troop to complete it. You pick the day and time that works best for you. Program time approx. 30–40 minutes.

## LIFEGUARDING TRAINING

Ages 15+

Thursday, October 8, 22, 29, November 5, 12, 19  
(Dates for this class subject to change.) ..... 5:00 P.M. – 10:00 P.M.  
\$200; \$190 Shoreview Resident ..... **Activity # 450402-01**

Shoreview Community Center

American Red Cross Lifeguard Training includes certification in Lifeguard Training, current for 3 years; Standard First Aid, current for 3 years; and CPR for the Professional Rescuer, current for one year. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. The following are course prerequisites:

- Minimum age 15 years
- 500-yard swim
- 2-minute treading water
- Retrieve 10 lb. brick from pool bottom

## JUNIOR LIFEGUARD TRAINING

See page 21

## INFANT, CHILD AND ADULT CPR

Wednesday, September 16 ..... 5:00 P.M. – 10:00 P.M.  
\$75; \$65 Shoreview Resident ..... **Activity # 450301-01**

Wednesday, October 14 ..... 5:00 P.M. – 10:00 P.M.  
\$75; \$65 Shoreview Resident ..... **Activity # 450301-02**

Wednesday, November 18 ..... 5:00 P.M. – 10:00 P.M.  
\$75; \$65 Shoreview Resident ..... **Activity # 450301-03**

Island Lake Elementary

Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, and CPR. Certification will be issued after successful completion of a written test and skill check off.

## COMMUNITY FIRST AID AND CPR

Tuesdays, October 7 & 14 ..... 6:00 P.M. – 10:00 P.M.  
\$85; \$75 Shoreview Resident ..... **Activity # 450301-05**

Turtle Lake Elementary

Wednesdays, December 2 & 9 ..... 6:00 P.M. – 10:00 P.M.  
\$85; \$75 Shoreview Resident ..... **Activity # 450301-06**

Island Lake Elementary

Learn how to recognize and care for life threatening emergencies while providing basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrive. Course will provide the information necessary to make crucial decisions during an emergency. Certification will be issued after successful completion of a written exam and skill check off.

## SUPERSITTER CPR AND FIRST AID CLINIC

Grades 5 to 7

Saturdays, Oct. 3 & 10 ..... 12:30 P.M. – 3:00 P.M.  
\$55; \$45 Shoreview Resident ..... **Activity # 450301-07**

Saturdays, Nov. 7 & 14 ..... 12:30 P.M. – 3:00 P.M.  
\$55; \$45 Shoreview Resident ..... **Activity # 450301-08**

Shoreview Community Center

This CPR and First Aid class is designed for youth who are taking or have completed the Supersitter Babysitting Clinic (see page 38). Topics covered include infant and child CPR, choking, and first aid. Participants who successfully complete the program will receive a pocket first aid kit for their babysitting bag. Must have a minimum of 10 participants to run the class.



## FITNESS REGISTRATION

Call for information: 651-490-4750

### FALL SESSION – 13 weeks September 14 – December 20

One week off for Thanksgiving (November 23–29)  
Free classes will be available these days.

Welcome to Shoreview's group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of the National Exercise Trainers of America. Our classes are suitable for all ages, abilities, and fitness levels.

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

**Annual Members receive 30% off fitness classes**  
Excludes T'ai Chi, Personal Training and other specialty classes.  
(Discount not available online at this time.)

## FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes. Revving, Yoga, T'ai Chi and Pilates will have their own punch cards.

Class	Rate	Activity #
Revving . . . . .	\$40; \$35 Shoreview Resident	410401-01
Hip Hop, Yoga, Pilates, and T'ai Chi		
. . . . .	\$45; \$40 Shoreview Resident	410402-01
All Other Fitness Classes		
. . . . .	\$28; \$25 Shoreview Resident	410403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

## DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, T'ai Chi, Hip Hop . .	\$10; \$9 Shoreview Resident
Revving . . . . .	\$9; \$8 Shoreview Resident
All Other Fitness Classes Drop-in Rate	
. . . . .	\$6.50; \$5.50 Shoreview Resident

## FITNESS CLASS DESCRIPTIONS

### Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness "TOYS" as you move through the stations of the circuit. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

### Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

### Cardio Groove

Get your groove on in this low-impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn combinations of low impact movements. Before you know it, you will be cooling down and finishing with a core workout.

### Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

### Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. If you like variety this class is for you. Class will include a mix of Cycling, Step movements, Kickboxing, Weights and more. Come ready to work!

### Power Pump

This workout is like having your own personal trainer in a group setting. Power Pump will target all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times a week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

### Step and Strength

This class provides benefits in cardio fitness, fat burning, and strength training. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

# FITNESS CLASS DESCRIPTIONS

## Strength and Stretch

This class combines muscular strength exercise with muscular relaxation and flexibility training. Weight training exercises will improve strength throughout your entire body. Stretching will be used to release tension in your muscles and your mind while improving your flexibility.

## Zen Step

Zen Step is a unique workout that combines basic step aerobics for cardio conditioning and weights for strength and endurance. Zen Step utilizes music with a slightly slower beat for a Zen-ful experience. Appropriate for all fitness levels.

## Walk off the Weight

Get Fit-Lose Weight- Feel Great with this low impact exercise class. Partner up with a friend and class will begin with a slight warm up and stretch then head outside for a brisk 30 min walk (indoor track on rainy days). This class will also incorporate light weight exercises and some balance work.

## Revvng

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revving is an indoor group cycling class that is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with "hill climbs" and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revving bikes is adjustable to accommodate all levels and intensities.

## Mind/Body Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Hatha yoga emphasizes the whole person and, with practice, increases your flexibility, strength, and balance.

## Gentle Yoga

Gentle Yoga is an ideal form of movement for older adults and individuals with physical limitations. Gentle Yoga's unique blend of exercise, breathing, and relaxation will gradually increase stamina while improving strength and flexibility. Gentle Yoga offers a natural remedy for the effects of aging, provides the healing power of movement and a sense of accomplishment.

## Yoga Strength & Fitness Yoga

Gain strength, stamina, and balance with this athletic style of yoga. This is a non-purist, fitness style yoga class. Bring your body and mind together for peak performance.

## Candle Light Yoga

A mind-body yoga class done in the relaxing atmosphere of candle light. This class will focus on movement and breathing techniques that encourage the reduction of stress caused by the busyness of our daily lives. Calm your thoughts and practice poses aimed at relieving tension and increasing our ability to relax.

## Yogalates

Try a great class that incorporates both the core strength component of pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.

## Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape. Intermediate Pilates needs to have basic knowledge and previous Pilates experience.

## Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. This class will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

## Functionally Fit

This class uses a variety of everyday objects and obstacles to improve your fitness levels for everyday activities. The class combines cardiovascular conditioning and strength training to improve your functional fitness level. Activities and exercises include stair walking, overhead exercises, proper techniques and exercises for bending over to pick up objects, balance exercises, carrying objects, and walking on the track. Prevent injuries and improve your overall health by becoming Functionally Fit!

## Hip Hop (Youth & Adults)

Hip Hop it up! This high energy dance class is a fun way to get the moves you crave and a great work out as well. The class teaches the most current styles of hip hop and includes a thorough warm-up, strength/conditioning, hip hop progressions, and a new routine taught every few classes. The music is now and the style is fun. Whether you want to perfect your technique or just have a great time, this class is for you. All levels welcome! A great class for parents and children.

## Core Fusion

If you're looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don't expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40's in a non-stop low impact format.

## Boot Camp

No guts, no glory in this overall body workout! Whether you're an athlete, "gym rat", or just looking for that next-level workout, our "drill sergeant" will give you the push you need. Make sure that you check lazy at the door when you step into this workout because you will be moving from station to station in a circuit-style fashion. Training drills are designed to enhance agility, speed, power, strength, and quickness and each station will challenge you with a unique exercise. This class will work you from head to toe and get you ready to tackle any fitness challenge.

## Drums Alive! & Drums Alive! Kids

Exercise your mind, body and spirit using the stability ball as a drum. Using various rhythms you will work your entire body in a fun cardio class. Through a refreshing cool down you will return to your day feeling calm and restored. Adult and child classes are held separately.

## Cardio BOSU

Come work your core along while getting an awesome cardiovascular workout. Cardio BOSU incorporates elements of step, strength and core training and utilizes repetitions and plyometrics all on a BOSU balance trainer. Cardio BOSU with a Pump will add additional strength training exercises.

## Arthritis Foundation Aquatic Program

See page 32.

## Water Classes

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required—the gentle slope of the pool allows each participant to work at an appropriate depth.

**Water classes begin September 28.**



## Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

## Aqua Flow

This lower-intensity water exercise class is designed to accommodate the abilities of individuals with arthritis, joint replacements and other conditions that limit exercise capabilities. This class will be taught in a group setting with activities and exercises designed to encourage self-care, provide social interaction, and improve strength, endurance and range of motion.



# GROUP FITNESS SCHEDULE

## MORNING CLASSES

All classes are 50 minutes unless otherwise indicated.

Sept. 14 - Dec. 20 (13 weeks). One week off for Thanksgiving (Nov. 23–29). Free classes will be available these days.

Time	Class	Rate/Shoreview Res.	Activity#	Location
<b>MONDAY</b>				
5:45 A.M.	Total Body Workout	\$66/\$61	410502-01	Studio 1
8:30 A.M.	Classic Conditioning	\$66/\$61	410539-01	Studio 1
8:30 A.M.	Strength Training	\$66/\$61	410517-01	Studio 2
9:30 A.M.	Circuit	\$66/\$61	410505-01	Studio 1
9:30 A.M.	Core Fusion	\$66/\$61	410531-03	Studio 2
9:30 A.M.	Aqua Splash*	\$56/\$51	410522-01	Pool
10:30 A.M.	Functionally Fit	\$66/\$61	410161-01	Studio 1
11:40 A.M.	Mind/Body Yoga	\$106/\$101	410506-01	Studio 2
<b>TUESDAY</b>				
5:45 A.M.	Power Pump	\$66/\$61	410523-01	Studio 1
6:15 A.M.	Yogalates Express	\$106/\$101	410525-01	Studio 2
8:30 A.M.	Walk off The Weight	\$66/\$61	410538-01	Shoreview CC
8:30 A.M.	Mind/Body Yoga	\$106/\$101	410506-02	Studio 1
8:30 A.M.	Power Pump	\$66/\$61	410523-02	Studio 2
9:30 A.M.	Aqua Splash*	\$56/\$51	410522-03	Pool
9:30 A.M.	Step It Up	\$66/\$61	410516-01	Studio 2
9:30 A.M.	Pilates	\$106/\$101	410507-01	Studio 1
11:45 A.M.	Hula Hoop & Strength	\$66/\$61	410541-01	Studio 2
1:00 P.M.	Gentle Yoga	\$106/\$101	410163-01	Studio 1
<b>WEDNESDAY</b>				
5:45 A.M.	Total Body Workout	\$66/\$61	410502-02	Studio 1
6:15 A.M.	Step & Strength Express (45min)	\$66/\$61	410514-02	Studio 2
8:30 A.M.	Strength and Stretch	\$66/\$61	410518-01	Studio 1
8:30 A.M.	Classic Conditioning	\$66/\$61	410539-02	Studio 2
9:30 A.M.	Aqua Splash*	\$56/\$51	410522-05	Pool
9:30 A.M.	Circuit	\$66/\$61	410505-02	Studio 1
9:30 A.M.	Zen Step	\$66/\$61	410530-01	Studio 2
10:30 A.M.	Revving	\$86/\$81	410512-04	Studio 1
11:45 A.M.	Yogalates	\$106/\$101	410525-03	Studio 2
<b>THURSDAY</b>				
5:45 A.M.	25 Cardio Kick/25 Power Pump	\$66/\$61	410533-01	Studio 2
7:00 A.M.	Revving & Core	\$86/\$81	410512-06	Studio 1
8:25 A.M.	Aqua Flow	\$56/\$51	410521-01	Pool
8:30 A.M.	Walk off the Weight	\$66/\$61	410538-02	Shoreview CC
8:30 A.M.	Pilates	\$106/\$101	410507-02	Studio 1
8:30 A.M.	Power Pump	\$66/\$61	410523-06	Studio 2
9:30 A.M.	Step It Up	\$66/\$61	410516-04	Studio 2
9:30 A.M.	Core Fusion	\$66/\$61	410531-02	Studio 1
9:30 A.M.	Aqua Splash*	\$56/\$51	410522-07	Pool
11:45 A.M.	Hula Hoop & Strength	\$66/\$61	410541-02	Studio 2
<b>FRIDAY</b>				
5:45 A.M.	Total Body Workout	\$66/\$61	410502-03	Studio 2
6:15 A.M.	Revving Express (45min)	\$86/\$81	410512-07	Studio 1
8:30 A.M.	Strength and Stretch	\$66/\$61	410518-02	Studio 1
8:30 A.M.	Classic Conditioning	\$66/\$61	410539-03	Studio 2
9:30 A.M.	Aqua Splash*	\$56/\$51	410522-09	Pool
9:30 A.M.	Circuit	\$66/\$61	410505-03	Studio 1
9:30 A.M.	Zen Step	\$66/\$61	410530-02	Studio 2
<b>SATURDAY</b>				
8:30 A.M.	Drums Alive! Kids (6-11 yrs.)	\$50/\$45	410244-01	Studio 2
8:30 A.M.	Revving	\$86/\$81	410512-08	Studio 1
9:30 A.M.	Power Pump	\$66/\$61	410523-09	Studio 2
10:00 A.M.	Kids Yoga	\$50/\$45	410245-01	Studio 1
10:45 A.M.	Cardio Kickboxing	\$66/\$61	410501-04	Studio 2
11:15 A.M.	Mind/Body Yoga	\$106/\$101	410506-04	Studio 1
<b>SUNDAY</b>				
8:30 A.M.	Revving	\$86/\$81	410512-09	Studio 1
5:00 P.M.	Candle Light Yoga	\$106/\$101	410537-01	Studio 2

Annual Community Center members receive 30% off. Excludes T'ai Chi, personal training, Nordic Walking, and other specialty classes.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Participants are encouraged to register at least one week prior to the start of the spring session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center.

CHILD CARE AVAILABLE!

See Kid's Care, Page 34

\*Water Exercise classes begin the week of September 28.

# GROUP FITNESS SCHEDULE

## EVENING CLASSES

September 14 - December 20 (13 weeks). One week off for Thanksgiving (November 23–29).  
Free classes will be available these days. All classes are 50 minutes unless otherwise indicated.

Time	Class	Rate/Shoreview Res.	Activity#	Location
<b>MONDAY</b>				
4:00 P.M.	Fitness Yoga	\$106/\$101	410524-02	Studio 1
5:20 P.M.	Step and Strength	\$66/\$61	410514-01	Studio 2
5:20 P.M.	Boot Camp	\$66/\$61	410532-01	Studio 1
6:25 P.M.	Cardio Groove	\$66/\$61	410504-01	Studio 2
6:25 P.M.	Revvig	\$86/\$81	410512-01	Studio 1
7:25 P.M.	Power Pump	\$66/\$61	410523-04	Studio 2
7:30 P.M.	Core Fusion	\$66/\$61	410531-01	Studio 1
8:35 P.M.	Aqua Splash*	\$56/\$51	410522-02	Pool
<b>TUESDAY</b>				
4:00 P.M.	Arthritis Foundation Water Exercise	\$40/\$35	410540-01	Pool
5:05 P.M.	Aqua Splash*	\$56/\$51	410522-04	Pool
5:20 P.M.	Mind/Body Yoga	\$106/\$101	410506-03	Studio 1
5:20 P.M.	Power Pump	\$66/\$61	410523-03	Studio 2
6:25 P.M.	Pilates	\$106/\$101	410507-03	Studio 1
6:25 P.M.	Cardio Kickboxing	\$66/\$61	410501-01	Studio 2
7:30 P.M.	Total Body Workout	\$66/\$61	410502-04	Studio 1
7:30 P.M.	Cardio BOSU with a Pump!	\$66/\$61	410542-01	Studio 2
<b>WEDNESDAY</b>				
5:20 P.M.	Step It Up	\$66/\$61	410516-03	Studio 2
5:20 P.M.	Boot Camp	\$66/\$61	410532-02	Gym Activity Room
5:20 P.M.	Yogalates	\$106/\$101	410525-02	Studio 1
6:25 P.M.	Revvig	\$86/\$81	410512-05	Studio 1
6:25 P.M.	Hip Hop	\$86/\$81	410238-01	Studio 2
7:25 P.M.	Power Pump	\$66/\$61	410523-05	Studio 2
7:25 P.M.	Cardio BOSU	\$66/\$61	410542-02	Studio 1
8:35 P.M.	Aqua Splash*	\$56/\$51	410522-06	Pool
<b>THURSDAY</b>				
5:05 P.M.	Aqua Splash*	\$56/\$51	410522-08	Pool
5:20 P.M.	Yoga Strength	\$106/\$101	410524-01	Studio 1
5:20 P.M.	Power Pump	\$66/\$61	410523-07	Studio 2
6:25 P.M.	Cardio Kickboxing	\$66/\$61	410501-03	Studio 2
6:25 P.M.	Pilates (Intermediate)	\$106/\$101	410511-01	Studio 1
7:30 P.M.	Mind-Body Yoga	\$106/\$101	410506-05	Studio 2
7:30 P.M.	T'ai Chi	\$120/\$115	410235-01	Studio 1

### Notes about Group Fitness Classes:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off fitness class registration fees.
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.

\*Water Exercise classes begin the week of September 28.



# PERSONAL TRAINING

## CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. Whether you want to improve your athletic performance or are recovering from an injury, an individualized program can improve your overall conditioning and develop the specific skills for your favorite activities. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals.

### Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

### Benefits of a Personal Trainer:

Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

#### Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

### How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions to accommodate each individual's needs. A fitness assessment is included with packages of 3, 6, and 12 sessions.

*Trainer biographies are posted outside of the Fitness Center, across from Studio 2.*

**Contact 651-490-4768 to find out more about Personal Training packages and information about our experienced Certified Personal Trainers.**

## BEGINNER STRENGTH TRAINING

Tuesdays, Sept. 8 - Oct. 27 (8 weeks) . . . . . 10:30 – 11:30 A.M.  
\$85; \$80 Shoreview Resident . . . . . **Activity # 410218-01**

Studio 1

The Beginner Strength Training program designed to teach you the proper form for basic strength training exercises. If you are looking to start a strength program for the first time, are intimidated by large classes, or need some guidance to help build on your current strength levels, this program will provide the instruction and coaching that you are seeking. The instructor will select appropriate exercises for your fitness level and take you through a total body workout that will get you ready to participate in our fitness classes or exercise on your own. The small group setting will ensure that you receive the attention and guidance that will maximize your results.

## ADVANCED STRENGTH TRAINING

Tuesdays, Sept. 8 - Oct. 27 (8 weeks) . 11:45 A.M. – 12:45 P.M.  
\$115; \$110 Shoreview Resident . . . . . **Activity # 410219-01**

Tuesdays, Nov. 3 - Dec. 15 (7 weeks) . 11:45 A.M. – 12:45 P.M.  
\$100; \$95 Shoreview Resident . . . . . **Activity # 410219-02**

Studio 1

The Advanced Strength Training program will build on the principles of the Beginner Strength Training program and gradually increase in intensity each week. Advanced strength exercises will be introduced along with progressive training variations that will ensure continued progress. The Advanced Strength Training program is appropriate for athletes, experienced strength trainers, and fitness class participants.





## SPORTS PERFORMANCE-SPAQ (Speed, Power, Agility, Quickness)

An athlete's speed and power are factors that determine the level of success the athlete will achieve on the field or court. Plays in sport happen in the blink of an eye and athletes must be able to generate power quickly and explode past their opponents. Power is the ability to exert your strength quickly and determines how hard you hit the ball, how high you can jump, and how fast you move. The Sports Performance Program has the tools and trainers to get your game to the next level. The training protocols are designed to produce significant improvements in speed, power, quickness, strength, endurance, and enhanced sport performance. The small group setting allows trainers to coach each athlete through sport-specific drills and exercises. Every athlete can benefit from proper training and after completing a training program with the Sports Performance Program, athletes are quicker, faster, more explosive, and have improved stamina and movement mechanics.

### Each sport-specific session includes:

- Dynamic warm-up
- Power and speed training
- Conditioning and agility drills
- Strength training and core strength

The training schedule for each group is customizable based on availability and needs of the athlete.

8 sessions \$100; \$96 Shoreview Resident per person with 3 or more participants

12 sessions: \$150; \$144 Shoreview Resident per person with 3 or more participants

For more information and scheduling call 651-490-4768

## COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.



## INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Resident . . . . . **Activity # 410299-01**

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.

# FITNESS

## GET FIT! BODY CHALLENGE

Nov. 9 - Jan. 4

\$349 ..... **Activity # 410239-01**

*\*\*Membership to the community center is required to use the facility when not participating in group fitness classes or group/personal training sessions.*

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations. Support from fellow participants and accountability through the personal training staff will help keep you committed to your goals. The Get Fit! Summer Body Challenge takes place in the spring to get you back on track after the inactivity and weight gain that commonly occurs during winter months.

Program includes:

- Free access to group fitness classes held in the Community Center
- A weekly small group training session with a personal trainer
- Weekly recommendations for exercise on your own from a personal trainer
- Weekly nutritional analysis
- Weekly articles on exercise and nutrition principals that will help achieve your goals.
- Pre and Post body measurements
- Weekly tracking of activity, nutrition, and overall progress toward goals.

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the winter session and two free personal training sessions. Informational meeting Nov. 8 at 5:00 p.m..



## GET STARTED NORDIC WALKING

Saturday, Sept. 12 ..... 10:00 A.M. – 11:30 A.M.

\$20 Fee ..... **Activity # 410236-01**

Room 206

Looking for a way to exercise year-round that is fun, safe and convenient? Then Nordic walking may be the perfect activity for you! Practiced regularly by many people in Scandinavia and Europe, Nordic walking is one of the world's fastest growing fitness trends, and is a great way for anyone to improve their health regardless of age, weight or gender. It provides all the benefits of walking—and more!

Through the use of specially designed walking poles, Nordic walking gives you a full body workout that is easy on your joints, and can help you increase your cardiovascular fitness, lose weight, improve mental wellbeing, and relieve neck and back pain.

This course will introduce students to the basics of Nordic Walking, explain proper use of equipment, and provide other information to help you get started. Come dressed and prepared to do some practice walking outdoors.

## ARTHRITIS FOUNDATION AQUATIC PROGRAM

Tuesdays, Sept. 29 – Nov. 17 ..... 4:00 P.M.

\$40; \$35 Shoreview Resident ..... **Activity # 410164-01**

Shoreview Community Center Pool

The Arthritis Foundation Aquatic Program is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency.

## Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do.

## BEGINNER CLASS

Tuesdays and Thursdays ..... 6:00 P.M. – 7:00 P.M.

Session A: Sept. 15 – Oct. 29 (7 weeks)

\$102; \$91 Shoreview Resident ..... **Activity # 410230-01**

Session B: Nov. 3 – Dec. 17, no class Nov. 26 (6.5 weeks)

\$94; \$85 Shoreview Resident ..... **Activity # 410232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

## ADVANCED CLASS

Tuesdays and Thursdays ..... 7:00 P.M. – 8:00 P.M.

Session A: Sept. 15 – Oct. 29 (7 weeks)

\$102; \$91 Shoreview Resident ..... **Activity # 410231-01**

Session B: Nov. 3 – Dec. 17, no class Nov. 26 (6.5 weeks)

\$94; \$85 Shoreview Resident ..... **Activity # 410233-01**

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

## FAMILY DISCOUNT

\$15 off for second family member

\$25 off for third family member



## T'AI CHI

Thursdays, Sept. 17 – Dec. 17, no class Nov. 26

..... 7:30 P.M. – 8:30 P.M.

\$120; \$115 Shoreview Resident ..... **Activity # 410235-01**

Studio 1

T'ai Chi is a slow, continuous series of movements that provides relaxation, improved blood circulation, joint movement, balance, and oxygen intake while strengthening muscles and massaging internal organs.



## What Is Kids Care?

Kids Care provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Our program offers no structured curriculum. Kids Care is located on the lower level of the Shoreview Community Center. Parents can remain in the facility or use this program to get away and have some time alone!

The direct line for Kids Care is 651-490-4763  
Please call this number to leave reservation information.

## Hours

Monday–Friday 8:30 A.M. – 12:30 P.M. & 4:00 P.M. – 8:00 P.M.  
Saturdays ..... 8:30 A.M. – 12:30 P.M.  
CLOSED: September 5 & 7  
November 26-28

## Member/Fitness Class Participant Rate

\$1 per hour (per child) – some restrictions apply

Customers that hold an active community center membership or are currently registered and participating in a fitness class may use Kids Care for \$1 per hour per child (no pro-rating for partial hours). Customers must remain in the building. This rate does not apply to fitness class punch cards or drop-ins. If customer chooses to leave the building, the drop in rate applies. **Payment must be rendered at the time of service at the lower service desk.**

## Drop In Rate

\$4.50 per hour, per child  
\$3.75 per hour, per child Shoreview Resident

Any family, resident and non-resident may take advantage of our Kids Care program at a drop in rate. Minimum of one hour. **Payment must be rendered at the time of service at the lower service desk.**

## Out and About Program

Drop In Rates Apply

This program is designed for a little “me” time! Drop off your child in our care and run some errands, go out for lunch or plan a night out! Maximum stay is 3 hours: Monday – Friday, 9:00-Noon and 4:30-7:30. Saturday 9:00-Noon. **Payment must be rendered at the time of service at the lower service desk.**

## Kids Care Policies

- **Reservations will be guaranteed if submitted within 24 hours. Drop-ins are taken, however, not guaranteed space.**
- Children must be 6 months to 12 years of age.
- Kids Care will provide diaper-changing services as well as a time for children to eat a snack that they bring (no gum, hard candy or red juice). Kids Care is a peanut free environment. Please label all bottles, snacks, cups, toys, etc.
- The ratio of Kids Care attendants to children is 1:8, with additional consideration given to situations with a large number of infants. The decision on the number of children accepted will be at the discretion of the Kids Care staff and management.
- When placing an infant in Kids Care who is unable to sit up on his/her own, please bring an infant seat.
- Children displaying symptoms of illness will not be permitted to remain under our care.
- Children are allowed a maximum of 3 hours in Kids Care daily.
- Parents are required to fill out an emergency health form and update annually.

*Please refer to our Parent Handbook for more information on additional policies and procedures.*



## 2009-2010 School Year

Kids Corner Preschool is excited to be offering a year round preschool program for the 2009-2010 School Year. Our preschool program offers your child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten. Program runs 9 months with payments due on a monthly basis. School Year Dates are September 14, 2009 – May 28, 2010. **To determine class availability and for a registration form please call 651-490-4750.**

### Note to Parents

Looking for more than just 2 or 3 days to send your child to Preschool? Consider pairing classes together. There are two classes for both the 3-4 and 4-5 ages and enrolling in both classes might be just what you need. The curriculum differs between classes so that your child has the option of participating in both. If you have more questions about specific classes, call our preschool teachers at 651-490-4737.

## MONDAY FUNDAY

Morning Monday Funday ..... 9:00 A.M. – 10:30 A.M.  
Afternoon Monday Funday ..... 11:00 A.M. – 12:30 P.M.  
\$50/month; \$45/month Shoreview Resident

Calling all 2 1/2 to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by December 1, 2009.

## TINY TREASURES

Wednesday & Friday ..... 9:00 A.M. – 11:30 A.M.  
\$100/month; \$95/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2009.

## ABC'S & 123'S

Tuesday & Thursday ..... 1:00 P.M. – 3:30 P.M.  
\$105/month; \$100/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2009.

## ALPHA KIDS

Tuesday & Thursday ..... 9:00 A.M. – 12:00 P.M.  
\$115/month; \$110/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2009.

## STEPPING STONES

Monday, Wednesday, Friday ..... 12:30 P.M. – 3:30 P.M.  
\$150/month; \$145/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2009.

## NEW! BUSY BUDDIES

Wednesday ..... 9:00 A.M. – 11:30 A.M.  
\$80/month; \$75/month Shoreview Resident

This class will offer 4 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 4 by September 1, 2009.



# PRESCHOOL PROGRAMS

## WIGGLE, JIGGLE, GYM

Ages 3 and 4

Wednesdays, Sept. 23 – Nov. 11 . . . . . 10:00 A.M. – 10:45 A.M.  
\$40; \$35 Shoreview Resident . . . . . **Activity # 480202-01**

Shoreview Community Center– Gym Activity Room

Jump up, jump down. Touch your toes and spin around. This class is a great way to introduce your preschooler to movement. Get energized by skipping, jumping, twisting, listening to fun music, and much more. Kids Care child-care services are available both before and after the class by pre-registering (call 651-490-4763). Space is limited, so register early.

## MOM AND ME GYM TIME

Ages 1 to 5

Wednesdays, Sept. 23 – Nov. 11 . . . . . 11:00 A.M. – 12:00 P.M.  
\$35; \$30 Shoreview Resident . . . . . **Activity # 480201-01**

Shoreview Community Center– Gym Activity Room

Its gym time for Mom and me!!! Move and groove your way through class with the help of your mom! A great opportunity to introduce your little one to the world of fitness while having fun. Your child will enjoy this unstructured time for play. Register deadline September 9. Parent must participate with child.

## WISH UPON A BALLET

Ages 3 to 5



Tuesdays . . . . . 9:30 A.M. – 10:15 A.M.

Session I: Sept. 15 – Oct. 27 (7 weeks)

\$59 . . . . . **Activity # 470202-01**

Session II: Nov. 3 – Dec. 15 (7 weeks)

\$59 . . . . . **Activity # 470202-02**

Shoreview Community Center– Gym Activity Room

Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.

## MUSIC TOGETHER

Our exciting classes offered by Music Together in the Valley® are filled with infants, toddlers, preschoolers and the grownups who love them. You'll move, sing, play rhythm instruments and share 45 minutes of PURE FUN with your child(ren). Families receive CDs and songbooks of the session's song collection so the learning can continue at home. Music Together is an internationally recognized early childhood music and movement program for children from birth to age 5 and an adult. Its classes are based on the recognition that all children are musical. Given a rich, stimulating musical environment during the crucial developmental period of early childhood, all children can learn to sing in tune, keep a beat and participate with confidence and pleasure in the wonderful world of music making. All classes are mixed-age, so siblings can participate together. Infants, eight months or under on the first day of the session are free with a paying sibling. For more information or specific questions about the classes, call or email Clarice Auluck-Wilson, director of Music Together in the Valley at 651-439-4219 or

**Clarice@MusicTogetherClasses.com** or visit **www.MusicTogetherClasses.com**.

Shoreview Community Center

Rate \$160 first child; \$90 each additional child

8 months and under free (born on or after January 22, 2009)

Mondays, Sept. 21 – Nov. 30 (10 weeks)

(No class the week of Thanksgiving)

. . . . . 9:30 A.M., 10:30 A.M., 11:30 A.M., 5:00 P.M., 6:00 P.M.

Sundays, Sept. 27 – Dec. 6 (10 weeks)

(No class the week of Thanksgiving) . . . . . 5:00 P.M., 6:00 P.M.

### To Register:

Registration is ONLY AVAILABLE on-line at **www.MusicTogetherClasses.com**.

### FREE Demo Music Together in the Valley Classes

Sunday, August 30 . . . . . 5:00 P.M.

Monday, August 31 . . . . . 10:30 A.M. and 6:00 P.M.

Sunday, Sept. 13 . . . . . 6:00 P.M.

Monday, Sept. 14 . . . . . 9:30 A.M.





## TOUCH-A-TRUCK

All Ages .....FREE  
Saturday, September 26 ..... 9:00 A.M. – 12:00 P.M.

Shoreview Community Center Lower Level Parking Lot

This is your chance to not only touch, but hop right in the drivers seat of a fire engine, police car, snow plow, or dump truck! Come on out to the Shoreview Community Center and check out all of the city trucks.

## KIDS' GARAGE SALE

Kids grade K-5  
Saturday, September 26 ..... 9:00 A.M. – 12:00 P.M.  
\$15 per table ..... **Activity # 460415-01**

Shoreview Community Center Pavilion

Calling all kids! Here's your chance to make a little money to use for holiday shopping or to find special gifts at bargain prices. Kids in grades K–5 may rent a table to sell toys, games, books, and sporting goods. Please do not bring food items to sell. Pre-registration is required. Arrive between 8 – 8:30 A.M. to set up your table. Remember to bring money for making change. Parents should assist child as needed. Sale will be held outside at Shoreview Community Center Pavilion.

*Kid's Garage Sale is a great volunteer opportunity for a scout group that would like to give to the community by collecting unsold items and donating them to a local charity. Please call 651-490-4764 if you are interested.*

## HALLOWEEN HOOPLA

Ages 12 and under  
Friday, October 23 ..... 6:00 P.M. – 8:00 P.M.  
\$8 per child/\$5 ea add'l sibling ..... **Activity # 460414-01**

Arden Hills City Hall, 1245 W. Hwy 96

Come join in the spooky fun. Win prizes at a carnival, play Ghost Bingo and create Halloween crafts. Enjoy yummy refreshments, win door prizes, trick-or-treating, and much more. Offered in conjunction with Arden Hills Park and Recreation. Space limited. **Register by Friday, October 16. Children must be accompanied by an adult. Children under one are free, but must register.**

## CHARACTER COSTUME BALL

Ages 3 to 8  
Friday, November 13 ..... 6:00 P.M. – 7:30 P.M.  
\$10; \$8 Shoreview Resident  
(includes 1 adult and 1 child) ..... **Activity # 460421-01**  
\$4 each additional adult ..... **Activity # 460421-02**

Shoreview Community Center

Want to be a princess, superhero, or any other favorite character for a day? Come to our Costume Ball and spend the evening with some of your favorite characters! Wear your favorite Character Costume and bring along your favorite adult to share in a fun evening with some music, crafts, and treats. Make sure to bring your camera! Register by Nov. 9.

## LETTER FROM SANTA

\$3 per child ..... **Activity # 160102-01**

Santa would like to wish you all a very happy holiday from the North Pole. This letter is a thrilling surprise for any child. It will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 14. Please register by Friday, December 4.

## SKATE WITH SANTA

Saturday, December 12 ..... 10:00 A.M. – 11:30 A.M.  
\$10 per family ..... **Activity # 160104-01**

Shoreview Ramsey County Ice Arena

Bundle up your family and bring your skates as we join Santa at the Ramsey County Ice Arena (across from the Community Center). Santa will be excited to meet and skate with everyone. Also, there'll be hot cocoa and cookies. Bring your camera! Bring your own skates; rentals will not be available at the arena. **Please register by Wednesday, December 9.**

## KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 4-12

Saturday, December 12 ..... 9:00 A.M. – 3:00 P.M.

Shoreview Community Center

Join us for our annual Kids Holiday Shopping Spree! Are the kids looking for gifts for family members and friends around the Holiday season? This is just the place to shop! Bring the kids to do some quick, inexpensive shopping with the help of Park and Recreation Staff and volunteers, while mom or dad enjoy some cookies and apple cider. Send your child with a list of people that need gifts and a designated dollar amount to spend per person. Gifts will range in price from \$0.50 to \$15. The Park and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.

## FAMILY NEW YEAR'S EVE PIRATE PARTY

Thursday, Dec. 31 ..... 6:00 P.M. – 9:00 P.M.

Join your Parks and Recreation staff in walking the plank to a New Year. This year's celebration is one of swashbuckling pirates and lost treasures. Join in the fun swimming at Tropics Indoor Waterpark, explore Tropical Adventure Indoor Playground, and many more activities. This celebration will ring in the New Year at 8:45 p.m. with a spectacular balloon drop. Non-stop fun for the whole family.

# YOUTH PROGRAMS

## SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7

Saturdays, Oct. 3 & 10 ..... 8:30 A.M. – 12:30 P.M.  
\$55; \$45 Shoreview Resident ..... **Activity # 450101-01**

Saturdays, Nov. 7 & 14 ..... 8:30 A.M. – 12:30 P.M.  
\$55; \$45 Shoreview Resident ..... **Activity # 450101-02**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, first aid handbook, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4764. Must have a minimum of 10 participants to run the class. For a Supersitter CPR & First Aid class, see page 24.

## CAMP ROCK 2! MUSICAL THEATER CLASS

Ages 5 to 7 ..... **Activity # 470203-01**  
Saturdays ..... 1:30 P.M. – 2:30 P.M.

Ages 8 to 12 ..... **Activity # 470203-02**  
Saturdays ..... 2:30 P.M. – 3:30 P.M.  
\$150; \$140 Shoreview Resident

Sept 12 – Dec 12; No class Oct 17 or Nov 28, Shows on Dec 12  
Shoreview Community Center Fitness Studio

Do you ROCK? We had so much fun the first time let's do it again! We will learn music and choreography from Camp Rock 2 and put together a show that we will perform on the last day of class. Bring your enthusiasm and get ready to shine! All levels are welcome. Everyone will receive solo speaking lines. Please wear lightweight tennis shoes, ballet slippers, or jazz shoes. Friends and family are invited to observe a special performance at the end of the session. Your time is here! For information on Mayer Arts, visit [www.mayerarts.com](http://www.mayerarts.com).

## KIDS' YOGA

Ages 5 and up

Saturdays, Sept. 19 – Dec. 19, no class Nov. 28  
..... 10:00 A.M. – 10:50 A.M.  
\$50; \$45 Shoreview Resident ..... **Activity # 410245-01**

Studio 1, Shoreview Community Center

Yoga is an excellent, non-competitive form of exercise for children combining the development of active flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges. Kids yoga offers the joy of playing with others while becoming more comfortable with yourself and your own accomplishments.

## CHEER AMERICA

Ages 4 to 16

Thursdays, October 1 – Dec. 17, no class Nov. 26 (11 weeks)  
6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)  
\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes improved coordination and physical fitness, personal esteem, and working as a cooperative team member with other children on the cheerleading squad. At the conclusion of the session, the Cheer America team has a recital for parents, families, friends, and others. Registration materials are available prior to each week's class.

**Registration and information session: September 24, 6:00 P.M. – 7:00 P.M.**

## KIDS IN THE KITCHEN

Ages 8 to 12

Tuesdays, Oct. 20 – Dec. 1 ..... 5:30 P.M. – 7:30 P.M.  
\$85, \$75 Shoreview Resident ..... **Activity # 470302-01**

Come into our Kitchen where kids learn all the basics of cooking...and learn that cooking can be quite creative, full of discovery and a whole lot of fun! This time around we will be enjoying some seasonal treats. You'll also make your own apron and take home a cookbook full of all the recipes you learn. **Register by October 13.**

## SCHOOL'S OUT DISCOVERY CAMPS

Grades K-5

Time ..... 9:00 A.M. – 4:00 P.M.  
Before Care ..... 7:00 A.M. – 9:00 A.M.  
After Care ..... 5:00 P.M. – 6:00 P.M.  
Rate: \$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

Thursday, October 15 ..... **Activity # 460408-01**  
Before/After ..... **Activity # 460408-06**

Friday, October 16 ..... **Activity # 460408-02**  
Before/After ..... **Activity # 460408-07**

Monday, November 23 ..... **Activity # 460408-03**  
Before/After ..... **Activity # 460408-08**

Tuesday, November 24 ..... **Activity # 460408-04**  
Before/After ..... **Activity # 460408-09**

Wednesday, November 25 ..... **Activity # 460408-05**  
Before/After ..... **Activity # 460408-10**

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**

## HOLIDAY DROP AND SHOP

Ages 4 to 10

Saturday, Dec. 5 ..... 1:00 P.M. – 5:00 P.M.  
\$18; \$15 Shoreview Resident ..... **Activity # 460420-01**

Saturday, Dec. 19 ..... 1:00 P.M. – 5:00 P.M.  
\$18; \$15 Shoreview Resident ..... **Activity # 460420-02**

Shoreview Community Center – Room 207

Are you having a hard time finding time to get that holiday shopping in without the kids? Look no further! Shoreview Parks and Recreation is offering Saturday afternoons to drop your child off in a safe environment for the afternoon while you get your shopping and errands done. Your child will enjoy an afternoon filled with crafts, games, snacks and many more exciting activities. **Preregistration is required.** Register 2 days prior to class.



## Tumbling

Saturdays, Sept. 26 – Nov. 14 (8 weeks)

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun in a modern facility designed for safety and comfort. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. For answers to your questions about placement, call 651-490-4750.

## TODDLER AND PARENT

Ages 2 and 3

Saturdays ..... 9:00 A.M. – 9:45 A.M.  
\$75; \$65 Shoreview Resident ..... **Activity # 480101-01**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.

## TUMBLING TYKES

Ages 3 and 4

Saturdays ..... 10:00 A.M. – 10:45 A.M.  
\$75; \$65 Shoreview Resident ..... **Activity # 480102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.

## ROLLY POLLYS

Ages 4 and 5

Saturdays ..... 11:00 A.M. – 11:45 A.M.  
\$75; \$65 Shoreview Resident ..... **Activity # 480103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

## BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8

Saturdays ..... 12:00 P.M. – 12:45 P.M.  
\$75; \$65 Shoreview Resident ..... **Activity # 480104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning and mastering the basic positions and skills on the floor, beam, bars and vault.



# ICE SKATING

## RECREATIONAL ICE SKATING INSTRUCTION

**FALL 2009 SCHEDULE** Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, October 24 – December 5 (7 week session)  
\$75; \$65 Shoreview Resident

Rate for Private & Semi Private Lessons

\$155; \$145 Shoreview Resident

\$115; \$110 Shoreview Resident for two participants of equivalent ability (must register two individuals at same time)

The Shoreview Arena, 96 and Victoria

### PRESKILLS

#### Snowplow Sam

Snowplow Sam introduces preliminary moves to 4-10 year old skaters. These classes will help develop the familiarity, coordination and strength needed to maneuver on skates. All participants must wear a helmet while on the ice. This class is for beginning skaters with no previous skating experience.

### BASIC

#### Readiness Level 1

Beginning class for those that are comfortable on the ice. Includes getting up, forward glide, two-foot gliding, and snowplow stop. All participants must wear a helmet on the ice.

#### Readiness Level 2

Teaches backward skating, backward glide, forward one-foot glide, two foot turn from forward to backward. All participants must wear a helmet on the ice.

#### Development Level 3

Includes forward and backward one foot snowplow stop, turns, forward swizzles and stroking.

#### Development Level 4

Teaches forward edges, forward crossovers and backward glides.

#### Proficiency Level 5

Works on backward edges, back crossovers, forward three turns and hockey stop. Figure skates are highly recommended for this class.

#### Proficiency Level 6

Includes forward mohawk, combination movements, and backward inside three turns. Figure skates are highly recommended for this class.

## PRIVATE & SEMI-PRIVATE LESSONS

Personalized, high-quality skating instruction for all ages that want to improve their skating ability. This program offers one-on-one skating instruction for the casual or competitive skater. Note: Private lessons only last 30 minutes. Semi-private classes must have a minimum of two people registered to be held.

## SPECIALIZED CLASSES

### Free Style

Includes entry-level free style movements. Develops forward inside pivot, two-foot spin, waltz jump, footwork, straight-line spiral, and more. Figure Skates required for this class.

### Adult

This class will benefit all skill levels. Participants will be challenged based on their individual skills, ranging from the basics of skating, including forward and backward gliding and stroking, turning and stopping to more advanced skills, including the use of inside and outside edges, crossovers, and combined movements to increase ice-skating pleasure. Class is tailored to meet participants needs.

## FALL SKATING CLASS SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Readiness 2	470402-01
	Development 3	470403-01
	Snow Plow Sam	470407-01
10:00 A.M. – 10:35 A.M.	Development 3	470403-02
	Development 4	470404-01
	Readiness 1	470401-01
	Readiness 2	470402-02
10:40 A.M. – 11:15 A.M.	Proficiency 5	470405-01
	Proficiency 6	470406-01
	Readiness 1	470401-02
	Readiness 2	470402-03
11:20 A.M. – 11:55 A.M.	Free Style	470408-01
	Snowplow Sam	470407-02
	Readiness 1	470401-03
	Readiness 2	470402-04
12:00 P.M. – 12:30 P.M.	Adult	470409-01
	Private Lesson	470410-01
	Private Lesson	470410-02
	Semi-private	470411-01
	Semi-Private	470411-02

### Helpful Tips for Skaters

Lace skates more snugly in the middle of the shoe than at the top or bottom for best support. Skates should fit correctly—don't use skates that are too big. Keep the blades sharp. Wear one pair of light-weight wool or synthetic socks. Cotton socks are not suitable for skating.

### Helmets

For safety, all participants in Snowplow Sam, Readiness Level 1, and Readiness Level 2 are required to wear helmets. Bike helmets are acceptable. (Helmets not provided.)

## REGISTER NOW!

**Registration for Fall Soccer began this summer. Registration deadline is July 31.** Registrations submitted after July 31 deadline will be subject to availability and a \$10 late fee. No special friend requests accepted after the deadline.

**Volunteer coaches are needed for Fall Soccer.** If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). The commitment of coaching includes one practice (coach chooses the night/time) and one game per week. Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

## YOUTH FALL SOCCER LEAGUES

Grade levels based on 2009–10 school year (Must be age 4 by October 24)

**Practice:** Begin practicing late August; one practice per week; day and time TBD by coach.

**Games:** Saturday mornings, September 12–October 24

\$52; \$42 Shoreview Resident

\$62; \$52 Shoreview Resident (fee after July 31)

**Mini Mites CoRec, 4 Yrs-K . . . . . Activity # 490208-01**

**Mites CoRec, Grades 1-2 . . . . . Activity # 490208-02**

**Squirts CoRec, Grades 3-4 . . . . . Activity # 490208-03**

**Squirts Girls, Grades 3-4 . . . . . Activity # 490208-04**

**Pee Wee CoRec, Grades 5-6 . . . . . Activity # 490208-05**

**Pee Wee Girls, Grades 5-6 . . . . . Activity # 490208-06**

**Bantams CoRec, Grades 7-8 . . . . . Activity # 490208-07**

Recreational league play for children ages four years old to grade 8. Boys and girls will learn the skills, rules, and strategies of the fun and exciting game of soccer. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

### COACHES MEETINGS

Wednesday, August 12

6:00 P.M. – 7:00 P.M. (Mites, Squirts, Pee Wee & Bantams)

7:15 P.M. – 8:15 P.M. (Mini Mites)

Community Center, Shoreview Room

### COACHES CLINIC

Saturday, August 15 . . . . . 1:00 P.M. – 2:00 P.M.

Commons Park Soccer Field (If raining, Comm. Center gym)

## IMPORTANT FALL SOCCER INFORMATION

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player; no chain requests will be allowed. All teammate requests must be submitted by July 31. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the July 31 deadline.
- Practice days are chosen by the coach in mid August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- A volunteer coach will contact you with your first practice time and location the week of August 17. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.



# AFTER SCHOOL SPORTS

## After School Sports

Our After School Sports program offers variety of age appropriate activities with a focus on fun. All classes are for boys and girls, and are held for 6 sessions. Participants should meet in the gym for each class. For more information, please call 651-490-4750.

## NEW! GAME SAMPLER

Grades 3 to 5 ..... 3:25 P.M. – 4:25 P.M.  
\$36 per participant

### Island Lake Elementary - West Gym

Wednesdays, Sept. 30 – Nov. 4 ..... **Activity # 490403-01**

### Turtle Lake Elementary - West Gym

Mondays, Sept. 28 – Nov. 2 ..... **Activity # 490403-02**

Join us for this opportunity to have fun after school playing your favorite gym and lawn games, including: dodgeball, trench, kickball, ladderball, bean bags and washer toss.

## SOCCER

Grades 1 – 3 ..... 3:25 P.M. – 4:25 P.M.  
\$36 per participant

### Island Lake Elementary - West Gym

Tuesdays, Sept. 29 – Nov. 3 ..... **Activity # 490406-01**

### Turtle Lake Elementary - West Gym

Thursdays, Oct. 1 – Nov. 12 ..... **Activity # 490406-02**  
(No Class October 15)

Learn the fundamentals of the fun and exciting game of soccer. Kids will build on their skills each week by participating in a variety of drills and games.

## SPORTS GAMES

4 years to Kindergarten ..... 4:35 P.M. – 5:35 P.M.  
\$36 per participant

### Island Lake Elementary - West Gym

Tuesdays, Sept. 29 – Nov. 3 ..... **Activity # 490407-01**

### Turtle Lake Elementary - West Gym

Thursdays, Oct. 1 – Nov. 12 ..... **Activity # 490407-02**  
(No Class October 15)

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, kickball, and others.

## WRESTLING

Kindergarten to Grade 5 ..... 3:30 P.M. – 4:30 P.M.  
\$36 per participant

### Island Lake Elementary - East Gym

Tuesdays, Sept. 29 – Nov. 3 ..... **Activity # 490409-01**

### Turtle Lake Elementary - West Gym

Wednesdays, Sept. 30 – Nov. 4 ..... **Activity # 490409-02**

Learn basic moves, techniques and the best form of self defense there is, along with self-confidence. Participants receive a t-shirt. Please bring a water bottle to each class. A one-day tournament will be held on Saturday, November 7 at Mounds View High School. A flyer will be handed out during class with tournament details.

## MINI KICKERS CAMP

Ages 3 to 8 ..... \$65; \$60 Shoreview Resident  
Shoreview Community Center Gym

### Ages 3 to 5

Tuesdays and Thursdays, Oct. 20 – Nov. 5  
1:30 P.M. – 2:00 P.M. .... **Activity# 490801-01**

Or

2:10 P.M. – 2:40 P.M. .... **Activity# 490801-02**

### Ages 6 to 8

Saturdays, Oct. 17 – Nov. 21  
1:30 P.M. – 2:00 P.M. .... **Activity# 490801-03**

Or

2:10 P.M. – 2:40 P.M. .... **Activity# 490801-04**

Come out and learn the fundamentals of little kids' soccer. This is a great class for learning the basic skills and sportsmanship of soccer. John Swallen, former goalkeeper for the Minnesota Thunder, will teach youth through a variety of fun soccer games. Classes meet for six sessions.



## Tennis Lessons

As a member of the United States Tennis Association (USTA), we are able to provide you with quality instruction that meets national standards in technique and appropriateness for varying skill levels. Using USA Tennis 1-2-3 fundamentals, instructors will help participants progress from basic skills through intermediate skills. Participants should bring their own racquet and water bottle. Sign up with a friend or family member. Meet other players, develop your skills, get some exercise—and, most of all, have fun! Classes meet for six 55-minute lessons (Pee Wees meet for 45-minutes). Tennis balls are provided. Weather cancellations will be made at the court by the instructor.

## GROUP LESSONS

All group lessons . . . . . \$53; \$43 Shoreview Resident

### PeeWees

Ages 5 to 7

Using USA Tennis 1-2-3 fundamentals, PeeWees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using beach balls, bean bags, and integrating games progressing at individual's pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

### Junior Beginners

Ages 7 to 9

For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

### Advanced Beginners

Ages 9 to 12

Perfect for the player who has taken lessons, but needs stroke and technique improvement. Instruction focuses on stroke consistency and introduces new strokes.



## PRIVATE LESSONS

Five 1-hour Sessions

\$145; \$135 Shoreview Resident

Semi Rate: \$125; \$115 each for two Shoreview Residents

Youth . . . . . **Activity # 490603-01**

Adult . . . . . **Activity # 420903-01**

Semi . . . . . **Activity # 490602-01**

Personalized high-quality tennis instruction for players who want to improve their court game. This program offers one-on-one tennis instruction for the casual or avid tennis player. Our instructors will help you work on your ground strokes, serves, volleys, lobs, and smashes in an individual setting. Semi private lessons are for participants of equivalent ability.

Please note: Our instructors have other job responsibilities outside of the individual tennis instruction. They come specifically to teach tennis to individuals. For this reason, please note that notice of any cancellation must be given 24 hours in advance, or you will forfeit the session.

**NEW!**

## FALL TENNIS LESSON SCHEDULE

All classes at Bobby Theisen Park

### EVENING LESSONS

Mondays & Wednesdays, September 14 – 30

Tuesdays & Thursdays, September 15 – October 1

*Make-up lessons held the week of October 5 if necessary.*

Pee Wees . . . . . Mon & Wed

6:00 P.M. – 6:45 P.M. . . . . **Activity # 490606-01**

Junior Beginners . . . . . Tue & Thu

6:00 P.M. – 6:55 P.M. . . . . **Activity # 490607-01**

### MORNING LESSONS

Saturdays, September 12 – October 17

*Make-up lessons held October 24 and October 31 if necessary.*

PeeWees

10:00 A.M. – 10:45 A.M. . . . . **Activity # 490606-02**

Junior Beginners

11:00 A.M. – 11:55 A.M. . . . . **Activity # 490607-02**

Advanced Beginners

12:00 P.M. – 12:55 P.M. . . . . **Activity # 490608-01**

# GOLF

Start your fall by learning golf with the correct fundamentals or by changing old habits before they get too ingrained through our classes at Island Lake Golf & Training Center. You will be learning from an instructor trained by Greg Schulze, one of only 7 PGA Master Professional's of Instruction in Minnesota and the recipient of the 2007 Minnesota PGA Teacher of the Year Award. Island Lake Golf & Training Center is conveniently located behind the Shoreview Target store at the intersection of I-694 and Lexington Avenue. Bring your own clubs or they can be provided with advanced notice. Price includes all range balls.

## THE BASICS OF GOLF

Ages 16 to Adult

\$79; \$69 Shoreview Resident

**Thursdays, 5:30 P.M. – 6:30 P.M.**

August 20, 27, and Sept. 3 . . . . . **Activity # 420601-01**

## JUNIORS – GETTING IT RIGHT THE FIRST TIME!

Ages 7 to 15

\$69; \$59 Shoreview Resident

**Thursdays, 4:30 P.M. – 5:15 P.M.**

August 20, 27, and Sept. 3 . . . . . **Activity # 490701-01**

These lessons are perfect for the whole family. Juniors can play free mini-golf while mom and dad are in lessons. Parents registered for golf lessons can play mini-golf while their child is in lessons!

### Questionable weather for Island Lake:

Please contact our Pro Shop at 651-787- 0383 to see the status of you lesson. If your lesson has been cancelled, the instructor will provide specific information on when it is to be rescheduled.

# VOLLEYBALL

**NEW!**

## GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesday evenings & Saturday mornings; Jan. 9 – Feb. 23

\$52; \$42 Shoreview Resident

**Setters, Grades 4-5 . . . . . Activity # 190304-01**

**Spikers, Grades 6-8 . . . . . Activity # 190304-02**

Turtle Lake Elementary

Recreational league play for girls grades 4-8. This instructional league will teach girls the basic skills, rules, and strategies of the fun and exciting game of volleyball. Program consists of one practice and one game each week. Games and practices will last for one hour. Players will receive a t-shirt.

**Register by December 7 for the Girls Volleyball League.** No special friend requests accepted after the deadline.

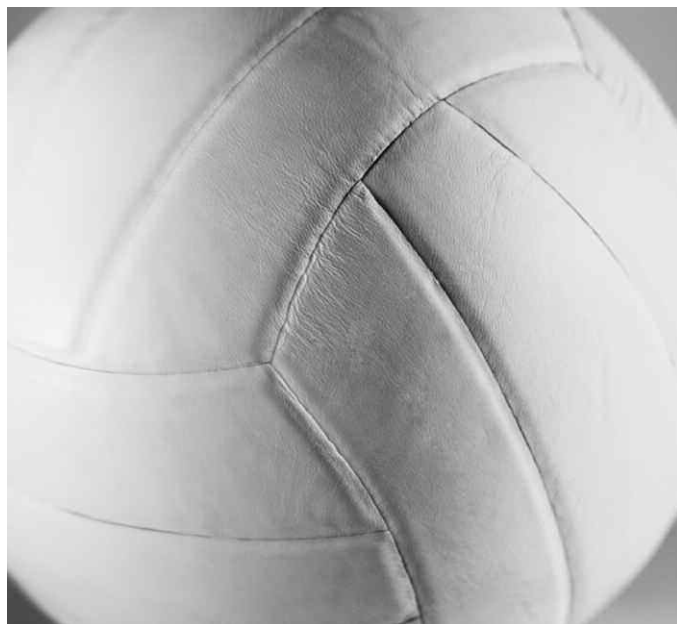
**Volunteer coaches are needed for the Girls Volleyball League.** If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey at 651-490-4753.

### COACHES MEETING

Thursday, December 17 . . . . . 6:00 P.M. – 7:00 P.M.  
Community Center, Island Lake Room

### COACHES CLINIC

Tuesday, January 5 . . . . . 6:00 P.M. – 7:15 P.M.  
Turtle Lake Elementary West Gym



## SWEETROLL SKATE PARK

The SweetRoll is a tier-one skating facility, located on the north side of the Shoreview Community Center, 4580 Victoria Street North, adjacent to the paved trail that runs under Highway 96. This allows access to the SweetRoll via the City of Shoreview's 41 miles of paved trails. The attractions include a wedge, a spine, a fun box, a quarter pipe, grind rails, and a mini ramp. The Skate Park will be open for inline skaters and skateboarders during the times listed below.

### Park Hours

#### Monday–Friday

3:30–8:00 P.M. School Year

9:00 A.M.–8:30 P.M. Summer

#### Saturday

9:00 A.M.–7:30 P.M. School Year

9:00 A.M. – 8:30 P.M. Summer

#### Sunday

9:00 A.M.–5:30 P.M. School Year & Summer

Hours subject to change.

### Rules

- Bicycles and scooters are not permitted on the skate park.
- For your safety, helmets, knee and elbow pads, wrist supports, proper shoes, and other personal protection equipment should be worn.
- Tobacco, alcohol, and illegal use of drugs are prohibited.
- Profanity, loud music, and disruptive behavior are not allowed.
- Respect others; share the space.
- Keep the park clean—dispose of all trash in the proper containers.
- Skating privileges may be revoked for failure to follow the rules.

## SHOREVIEW TEEN ADVISORY COUNCIL – STAC

Calling 12 to 16 year olds that are looking for an opportunity for their voice to be heard and to make a difference in the city of Shoreview! Join Shoreview's Brand New Teen Advisory Council. This new council will work together to address the needs of the teens in the community and plan a variety of activities that will bring those teens together. For more information and an application call Becky at 651-490-4764 or email at [rsola@shoreviewmn.gov](mailto:rsola@shoreviewmn.gov).

## MIDDLE SCHOOL MANIA

Grades 6-8

Fridays, Sept. 18, Nov. 20 & Dec. 18 . . . 7:00 P.M. – 10:00 P.M.

\$6 in advance; \$8 at the door

Sept. 18 . . . . . **Activity # 470618-01**

Nov. 20 . . . . . **Activity # 470618-02**

Dec. 18 . . . . . **Activity # 470618-03**

Shoreview Community Center

Are you and your friends looking for something fun to do on Friday nights? Come and check out Teen nights at the Shoreview Community Center! Theme nights include swimming, gaming, dodgeball, food and more! Bring all your friends! See you at the door!





# TEENS

## TEEN FRIGHT NIGHT

Ages 11 to 16

Saturday, October 31 ..... 8:00 P.M. – 11:00 P.M.  
\$10 ..... **Activity # 470617-01**

Chain of Lakes YMCA (if transportation is needed, please call 651-490-4764)

Join us for a spooktacular time at the first annual Teen Fright Night! Spend your Halloween enjoying some of the craziest and scariest activities around! There will be a costume contest so dress to impress. You won't want to miss out on the Haunted Trail and all the other crazy, scary activities! Bring your friends, we will see you there!

## 5K AT GOLDEN LAKE PARK

Are you looking for a fun activity and a way to get in some exercise too? Join the Chain of Lakes YMCA for their annual 5K. The Chain of Lakes YMCA Fall Fun Run 5K (there will be a special division for teens) is Saturday, September 19 at Golden Lake Park. \$25 preregistration, \$30 day of. More info at [www.ymcatwincities.org](http://www.ymcatwincities.org).

## TEEN GOLF TOURNAMENT

September 17 ..... start 4:00 P.M.  
\$30/person – includes golf fee & BBQ **Activity # 470621-01**

Katehaven Golf Course

Teens age 11 -16 please join the Shoreview Parks and Recreation first ever Teen Golf Tournament. Grab some friends and sign up as a foursome or sign up as a single. This is a coed tournament that promises to be a good time for all.

## PHOTOGRAPHY CONTEST

\$4 per entry ..... **Activity # 460521-01**

Entries accepted September 28th – October 4th, 2009, please submit entries to the Shoreview Parks and Recreation registration desk located on the upper level of the Community Center. All photo styles will be accepted. Photos submitted must be mounted on foam board. Limit 2 entries per person. Prizes will be awarded for the top 2 entries the following age groups: Ages 11 – 14 and Ages 15 – 18. An overall prize will be awarded for Best "Picture of Shoreview". Entries will be displayed at the Shoreview Community Center Oct 19 – Nov 2, 2009.



## TEEN FILM CRITICS

Ages 11 to 16

\$5 per event

October ..... **Activity # 470623-01**  
November ..... **Activity # 470623-02**  
December ..... **Activity # 470623-03**

Join peers in watching a classic movie; discuss the difference in movies from yesteryear to today. Movies, times and days will be posted in early fall at the Shoreview Community Center – if you would like to join the e-mail list please send an e-mail to Anne at [ascanlon@shoreviewmn.gov](mailto:ascanlon@shoreviewmn.gov).

## CAMP ST. CROIX DAY – LOW ROPES COURSE

Ages 11 to 16

October 15, Bus leaves 9:00 A.M. – Shoreview Community Center; Bus returns approx. 5:00 p.m.

\$45 this includes transportation to and from, lunch and snacks. .... **Activity # 470622-01**

Looking for something to do over MEA, join other teens for a low ropes adventure. Camp St. Croix situated on high bluffs overlooking the St. Croix River, a National Scenic Riverway. We will participate in a Low Ropes Course that includes a series of elements designed to motivate both the mental and physical components of an individual or team. Each element encourages creative problem solving, critical thinking, and perceived risk-taking. This program encourages participants to also develop effective communication, trust, support, and teamwork.

## 3RD LAIR SKATE PARK

October 16 ..... 11:00 A.M. – 3:00 P.M.  
Cost \$25 ..... **Activity # 470622-02**

Please join us for an exciting time at 3rd Lair Skate Park. 3rd Lair Skate Park is an indoor and outdoor facility for skateboarding, in-lining skating and more. There are a variety of ramps to try. Ramps include things such as "The Gator Gap", "The Undercover 5" and the "Quarter Pipe". Rental equipment is available. All youth are required to wear a helmet.

## MORE TEEN PROGRAMS

Group Fitness Classes

(14 & older; 12 & 13 with an adult) ..... p. 25  
Tae Kwon Do ..... p. 33  
Cheerleading ..... p. 38  
Tennis Lessons & Leagues ..... p. 43  
Golf Lessons ..... p. 44

## 6-ON-6 TOUCH FOOTBALL LEAGUE

Ages 16 and up

Sunday mornings/afternoons, September 13 – October 25

Or Thursday evenings, September 10 – October 22

\$50 per team

Sundays ..... **Activity # 420501-01**

Thursdays ..... **Activity # 420501-02**

Various fields in Shoreview

Are you ready to kick the dust off those old cleats? Gather up your neighborhood friends and toss the pigskin around like you did back in the good 'ole days. Six players per team, featuring one-hand touch, passing plays only. This self-officiated league will consist of 6 regular season games and a final playoff. **Registration deadline is Monday, August 31 or until league is full.**

## MEN'S 5-ON-5 OFFICIATED BASKETBALL LEAGUE

Monday evenings, starting November 30

\$540 per team

Men's B ..... **Activity # 420101-01**

Island Lake Elementary Gym

Teams play 11 officiated games and playoffs for the top finishers. Call 651-490-4753 for additional information. **Registration deadline is Friday, November 13 or until league is full.**

## ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Beginning September 16;

\*Gym closed on Wednesdays: Nov. 11, 25, Dec. 23 and 30.

\*Gym closed on Saturdays: Oct. 17, Nov. 28 and Dec. 26.

\$5 per person; pay at door

Wednesdays ..... 6:30 P.M. – 9:00 P.M.

Saturdays ..... 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more information.

## COREC WINTER VOLLEYBALL LEAGUE

Tuesday evenings, starting January 5

\$200 per team

CoRec D ..... **Activity # 121001-01**

Turtle Lake Elementary

Teams play 7 officiated matches and playoffs for the top finishers. Rally Scoring will be used for this league. Space is limited so register early! **Registration deadline is Friday, December 18 or until league is full.**

## BROOMBALL LEAGUES

Games begin Sunday, December 13 (weather permitting)

\$325 per team

CoRec D Sunday evenings ..... **Activity # 120301-01**

Men's D Monday evenings ..... **Activity # 120301-02**

Men's D Wednesday evenings ..... **Activity # 120301-03**

Shoreview Broomball Rink (by Shoreview Ice Arena)

Teams play 7 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets. **Registration deadline is Monday, November 30 or until league is full.**

## COREC DODGEBALL LEAGUE

Ages 16 and up

Wednesday evenings, starting September 23

\$140 per team ..... **Activity # 420401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 7 officiated league games and a season ending playoff. Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Tuesday, September 8 or until league is full.**

# ADULT ACTIVITIES

## FITNESS CLASSES FOR 55+

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. To find the classes that best fit your needs, please see the Fitness Section on pages 25.

## 55+ DROP-IN BASKETBALL

Wednesdays . . . . . 11:00 A.M. – 12:00 P.M.  
Daily admission fee required for non-members

Shoreview Community Center Gym, North Side

Shoot baskets or join a pick up game arranged by the players.  
Call 651-490-4750 for additional information.

## ONE-STROKE DECORATIVE PAINTING

Monday . . . . . 6:00 P.M. – 9:00 P.M.  
\$23 . . . . . Shoreview Community Center

August 17 . . . . . **Activity # 300203-03**  
September 21 . . . . . **Activity # 400203-01**  
October 12 . . . . . **Activity # 400203-02**  
November 16 . . . . . **Activity # 400203-03**

No painting experience necessary. Fun for all ages, beginners or experienced. Have fun painting using Donna Dewberry's easy, one-stroke method where you highlight, blend, and shade in one easy stroke. Instructor will demonstrate the project step-by-step and work with you, first in practicing on a transparency and then creating the final image onto your take home gift bag. Request a supplies list at registration or call Lesley at 651-490-4734 to have one mailed to you.



## AMERICAN HAND-N-FOOT

Wednesdays, Sept. 2 – Nov. 25. . . . . 1:00 P.M. – 3:00 P.M.  
Free . . . . . Shoreview Community Center, Fireside Lounge

Join us for the hottest card game around! A twist to the old version of Hand-n-Foot – American style! Object of the game is to play 22 cards in 2 stacks of 11 cards each: one called a “hand” the other called a “Foot.” To make at least 2 groups or more of 7 cards each, playing the Hand first, then the Foot, before going out. Players with the highest score after 4 rounds, wins. Playing Time: 1 to 2 hours.

## NEW ONE DAY & EXTENDED TRIPS ADDED MONTHLY!

**Casino runs, daily excursions, overnights and extended trips added monthly!** Please call 651-490-4734, or stop by the Shoreview Community Center, to ask about trips not listed in the catalog.

## TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, August 17, Sept. 21, Oct. 19, and Nov. 16 from 9–10 A.M.** in our Fireside Lounge.

## GRAPE STOMP 2009

Sunday, September 13; Meet at the Shoreview Community Center at 10:15 a.m. Coach will leave at 10:30. Arrive at Carlos Winery at 1:30. Participate in all festivities. 4:00 is the I Love Lucy stomp. We will leave Alexandria around 5:30/6:00. \$50 per person. . . . . **Activity # 400301-07**

Board a luxury coach at the Shoreview Community Center for a trip to Alexandria, MN to the beautiful Carlos Winery for their Annual Grape Stomp/Food and Wine festival! It's a day that's filled with music, tours, wine tasting (extra \$10), wine blending (extra \$20), chain saw carvings, henna artists, pottery, glass blowing, variety of ethnic and American food vendors and so much more! There's also the famous grape stomping competition including the “I Love Lucy” grape stomp! Price includes coach bus, festival guide and a special gift to take home!

## LABOR DAY DINNER

Friday, September 4th . . . . . 11:30 A.M. – 1:00 P.M.  
\$20 per person. . . . . **Activity # 400503-01**

Shoreview Community Center

Kick off Labor Day weekend at the Shoreview Community Center for a beautiful lunch with all the trimmings catered by Divine Swine Catering. Stay to watch a movie in our beautiful council chambers from 1:00-3:00. Refreshments served! Register by August 28.



## FREE ACTIVITIES AT THE COMMUNITY CENTER

### 500

Mondays at 12:30 P.M. . . . . No sign up or partners required

### Bridge

Thursdays at 12:30 P.M. . . . . No sign up or partners required

### Bingo

With prizes! Last Wednesday of the month (Aug. 26, Sept. 30, Oct. 28, Nov. 25) at 1:00 P.M. (\$0.25 per card-no min/max cards)

### American Hand and Foot (Wed. 1-3)

### Beginning & Refresher Bridge Lessons

Learn to play the basics of bridge or if you need a brush up on the game, join our refresher course! **Table Reservations Required: call Lesley 651-490-4734.** The Shoreview Bridge group meets at the Community Center to play every Thursday at 12:30. We welcome new players!

Mondays (Aug 17, Sept. 21, Oct. 12, Nov. 16) . . . . . Free

Beginner . . . . . 10:00 P.M. – 11:00 P.M.

Refresher . . . . . 1:00 P.M. – 3:00 P.M.

## TURKEY BINGO

Wednesday, Nov. 25 . . . . . 1:00 P.M. – 2:00 P.M.  
\$.25 per card

Win a fresh (not frozen) 10 pound turkey for Thanksgiving!

## 500 TOURNAMENT & LUNCH

Thursday, September 17 . . . . . 10:00 A.M. – 4:30 P.M.  
\$15 per player . . . . . **Activity # 400501-01**

Shoreview Community Center – Community Room

Join our Shoreview 500 club for their 7th annual 500 Tournament and lunch! Fee includes all tournament costs, lunch and fantastic door prizes! Cash prizes awarded for first through fifth place winners! Pre-register through the Parks and Recreation department by September 11th. Each individual participants will be required to submit address, phone and birth date information upon registering. Limited tables available! This event will surely fill up to over 132 players! **MUST REGISTER WITH A PARTNER.**



## AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP-trained volunteers and are offered to you at a very nominal fee through Shoreview Parks and Recreation. Registration deadline is 3 days prior to the class.

**AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates.**

All classes held at Shoreview Community Center

### 8 Hour Evening Courses

AARP Member Rate: \$20; Non-Member Rate: \$22

5:30 P.M. – 9:30 P.M.

Oct. 20 & 22 (Tues & Thurs) . . . . . **Activity # 450204-01**

### 4 Hour Evening Courses

AARP Member Rate: \$16; Non-Member Rate: \$18

5:30 P.M. – 9:30 P.M.

Oct. 6 (Tues) . . . . . **Activity # 450202-01**

Nov. 18 (Wed) . . . . . **Activity # 450202-02**

### 8 Hour Day Courses

AARP Member Rate: \$20; Non-Member Rate: \$22

9:00 A.M. – 1:00 P.M.

Sept. 14 & 15 (Mon & Tues) . . . . . **Activity # 450203-01**

### 4 Hour Day Courses

AARP Member Rate: \$16; Non-Member Rate: \$18

9:00 A.M. – 1:00 P.M.

Sept. 10 (Thurs) . . . . . **Activity # 450201-01**

## AARP TAXAIDE-LATE FILERS PROGRAM

Friday, Aug. 14 and Sept. 11 . . . . . 9:00 A.M. – 1:00 P.M.

Shoreview Community Center, call 651-490-4750 for appointment.

# ADULT ACTIVITIES

## LUNCH BUNCH!

Fridays, Sept. 18, Oct. 16, Nov. 20 . . . . . 11:30 A.M. – 1:00 P.M.  
 Sept. 18, Panino's, North Oaks . . . . . **Activity # 400502-01**  
 Oct. 16, Kozlaks, Shoreview . . . . . **Activity # 400502-02**  
 Nov. 4, Great China, Arden Hills. . . . . **Activity # 400502-03**

Great Friends! Great Food! Great Fun! Gather up your friends and join us for lunch! Reservations are required by signing up through the Parks and Recreation Department one week prior to event. No fee to sign up. Lunch expense will be on your own.

## SENIOR CINEMA

1st Friday/Month, Sept. 4, Oct. 2, Nov. 6 . . . 1:00 P.M. – 3:00 P.M.  
 (Free will donation for refreshments)

Shoreview Community Center – Council Chambers

Check the Shoreliner newsletter for more details and movie title or by calling Lesley at 651-490-4734 the Monday prior to showing.

## ACTING AND ANECDOTES: ORAL HISTORIES MADE EASY

Thursday's, Oct. 1 – Nov. 5 . . . . . 1:00 P.M. – 2:30 P.M.  
 . . . . . 10:00 A.M. – 11:30 A.M.  
 Fee \$65 . . . . . **Activity # 400207-01**

Instructor: Connie Mills

Have you ever wanted to tell a really great story, one that will spellbind your friends and relatives? After this class you will be the envy of all your friends. Basics of memoir writing and beginning acting will give you confidence in your story ideas and how you present them. This course will combine beginning acting techniques and elements of memoir writing to bring your stories to life. Participant will have 1-2 well-crafted stories that they will be comfortable "performing" in a casual setting. Subject Matter: Techniques of memoir writing and beginning acting combined to serve as a jumping off point for those interested in passing on family stories to future generations.

Learning Objectives: 1) Gain self confidence while being the center of attention. 2) Develop techniques to access memories to serve as story ideas. 3) Learn to give supportive feedback

## VACCINATION CLINIC

October 26 . . . . . 1:00 P.M. – 3:00 P.M.  
 \$24.99/Flu and \$57/Pneumonia (FREE with Medicare Part B)

Shoreview Community Center

The Visiting Nurse Agency will be offering vaccinations for flu and pneumonia. Bring your Medicare Part B, and other insurance card, and any voucher you may receive to the clinic with you. Also, bring a list of current prescription medications and dosages. Participants must be 4 years and older to receive shots. Shots are limited to the first 100 customers.

## HOMEOPATHY CLASS

Tuesday's, Sept. 15 – Oct. 6 . . . . . 6:30 P.M. – 8:30 P.M.  
 Fee \$78 per person. . . . . **Activity # 400208-01**

Introduce yourself to the theories and principals of homeopathy care in this 4-week series presented by Dr. Kim Lane [www.wellnesslane.org](http://www.wellnesslane.org). Learn practical means to acute illness such as how to treat a common cold, sore throats and ear aches using homeopathic treatments. In the second half of this series learn about first aid remedies and treatments you can use at home or traveling. Discuss treatment of sprains, strains, acute injuries, fractures, wounds and surgery support.

## FOOT CARE CLINIC

First Wednesday/Monthly . . . Appointments between 9:00-3:00  
 \$34 . . . . . Shoreview Community Center

August 5 . . . . . **Activity # 300401-03**  
 September 2 . . . . . **Activity # 400401-01**  
 October 7 . . . . . **Activity # 400401-02**  
 November 4 . . . . . **Activity # 400401-03**

A licensed and insured healthcare nurse will conduct a foot-care clinic by appointment only. Basic foot care will be provided by Footworks; includes foot soak, removal of minor corns/calluses, nail trim, and massage for circulation. Sign up for this activity in person at the Parks and Recreation desk Monday–Friday, 8 A.M.–4:30 P.M., to select appointment time. For additional information, please call 651-490-4950. A deposit of \$17 is due to reserve an appointment. Balance is due at time of service.

## Who are the Shoreliners and what do they do?

The Shoreliners are directly sponsored by the Parks & Recreation Department. The object of this organization is socialization, making new friends, and the expansion of opportunities for personal growth through scheduled monthly activities. The members of this organization are men and women, 55+ years of age that enjoy participating in a variety of activities. The Shoreliners meet monthly on the third Tuesday of each month, either inside the community center or participating in outside activities\*. Shoreliners are governed by an elected panel of officers who commit to a two-year term (President, VP, Treasurer and Secretary).

## Interested in joining?

Send \$10 for 2009 annual dues to:  
Bev Stilwell, Treasurer  
500 W Cty Road J  
Shoreview, MN 55126

## Shoreliner Newsletter

If you are interested in receiving our newsletter with program and event information, call Lesley at 651-490-4734 to have your name put on our mailing list.

## Shoreliner Display Case

The Shoreliners have a beautiful oak and glass display case gifted from the City that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet. The case is locked to protect your valuables and is located outside of the Parks and Recreation office for the public to enjoy during their visit to our center!

## 2009 SHORELINER CALENDAR

<b>August 4</b>	Harness Racing in Forest Lake
<b>August 18</b>	Gameday and treats at Shoreview Community Center
<b>September 1</b>	Omni Science Museum Titanic Exhibit and Lunch
<b>October 13</b>	North Shore – Duluth
<b>November 17</b>	Casino
<b>December 15</b>	Holiday Luncheon at Kozlaks

Detailed information on these events will appear in future issues of the Shoreliner Newsletter. \*The dates of these events are tentative depending on availability of tickets, show times and transportation. These events are scheduled to change. Registered Shoreliners have priority in registering for these events.





## THE ADAPTIVE RECREATION CLUB

*The Adaptive Recreation Club is a joint effort between the Parks and Recreation Departments of Arden Hills, Mounds View, New Brighton, Shoreview, Vadnais Heights, and School District #621.*

The club is designed primarily for teens, ages 13 and up, who have mild mental and/or physical handicaps and are receiving special educational service through School District #621. The program meets twice a month (for a total of 8 times). The teen club meets on Friday nights from 7–9 P.M. and provides a variety of indoor and outdoor recreational and social activities such as sport night, hayrides, field trips and movie nights. The fall session runs September through December. The spring session runs January through May. Instructor ratio is 1 to 6. For program and fee information, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

## ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the spring session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651- 638-2123.

## NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, has been serving residents of the northern suburbs for over 26 years. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at [www.nyfs.org](http://www.nyfs.org) or call us at 651-486-3808.



## AMERICAN RED CROSS BLOOD DRIVE

Friday, September 18 ..... 9:00 A.M.–2:00 P.M.

Shoreview Community Center

Give blood – The Gift of Life. We all expect blood to be there for us, but barely a fraction of those who can give, do. Yet, sooner or later, virtually all of us will face a time of great vulnerability in which we will need blood and that time is all too often unexpected. Call Lesley at 651-490-4734 or log-on to [www.givebloodgivelife.org](http://www.givebloodgivelife.org) to register.

## FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

## MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651-490-4770.

## SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.



## ATHLETIC ASSOCIATIONS

**Shoreview Area Youth Baseball**  
www.sayb.org

**Irondale Baseball Assoc.**  
Gerald Arel 763-780-7360  
www.geocities.com/ibl\_baseball/

**Mounds View Basketball Assoc.**  
Hotline: 651-631-1943  
www.moundsviewbasketball.com

**Mounds View Youth Football League**  
www.moundsviewyouthfootball.org

**Irondale Youth Hockey Association**  
Jeanne Falconer 763-458-5946  
www.ihaleague.org

**Irondale Girls Fastpitch**  
Chuck Hauble 651-633-3741  
Jane Norgren 651-633-6063  
www.knightsfastpitch.org

**Mounds View Hockey Assoc.**  
Debbie Teske 651-483-3498  
www.mvhockey.org

**North Suburban Soccer Assoc.**  
www.nssasoccer.org

**Mounds View Softball Assoc.**  
Patti Jo Fitzpatrick 612-849-5648  
www.mvsafastpitch.org

**North East Tennis Assoc.**  
Lynn Erickson 651-484-0100

**Mounds View Rugby Club**  
Hotline: 612-656-0518  
www.moundsviewrugbyclub.com

**Iron Mustang Wrestling**  
612-590-2114  
www.ironwrestling.com

**North Suburban Aquatic Club**  
www.nsmakos.org

# Shoreview Recreation Areas



Web Page: [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

	Acres	Ballfields	Basketball Court	Boat Ramp	X-Country Skiing	Fishing	Football/Soccer	Hardcourt Area	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
<b>Bobby Theisen Park</b> Cty Rd E & Vivian East & West of Island Lake School	15		1				■	■		■		■			■	■		1		3	
<b>Bucher Park</b> 5900 Mackubin North on 49, right on Elaine	25	2	1				■	■		■		■	■	■	■	■		1		2	
<b>Chippewa Middle School</b> 5000 Hodgson Rd		3					■	■						■				2	■	5	
<b>Emmet Williams Elem. School</b> 955 Cty Rd D—Between Lex. & Cty Rd D		2												■							
<b>Island Lake Elem. School</b> 3555 N. Victoria—Victoria & Cty Rd E		2						■						■							
<b>Lake Judy Park</b> 900 Tillerun — Arboast & Richmond	5		1/2									■	■	■	■						
<b>McCullough Park</b> 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1				■	■		■		■	■	■	■	■		1		2	
<b>Ponds Park</b> 190 Sherwood Road Sherwood and Pond Drive	1											■	■ Table only	■							
<b>Rice Creek Fields</b> 5880 Rice Creek Parkway	10	4										■	■	■	■						
<b>Shamrock Park</b> County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1				■	■		■		■	■	■	■	■		1		2	
<b>Shoreview Commons and Community Center</b> 4650 North Victoria	40	2	1				■	■		■		■	■	■	■	■	■	1	■	2	■
<b>Sitzer Park</b> Hodgson and Snail Lake Rds 3 blocks S. of 96 at Hodgson & Snail Lake	8	2	1					■		■		■	■	■	■	■				2	
<b>Snail Lake Elementary School</b> Highways 49 and 96		2						■						■							
<b>Turtle Lake Elementary School</b> Country Road I & Lexington		2					■	■						■							
<b>Wilson Park</b> 815 County Road F 1 block W. of Victoria, North of 694	13	2	1					■		■		■		■	■	■				2	

The following are recreation areas operated by Ramsey County Parks and Recreation and located within the City of Shoreview. For more information on these parks, please call 651-748-2500 ■ Web: [www.co.Ramsey.mn.us](http://www.co.Ramsey.mn.us)

<b>Island Lake County Park</b> 3611 Victoria Street	167			■		■					■		■		■						
<b>Lake Owasso County Park</b> 370 N. Owasso Blvd.	9			■		■							■						■		
<b>Shoreview Ice Arena</b> 877 Highway 96 (Hockey only)										■											
<b>Snail Lake Regional Park</b> 580 Snail Lake Blvd.	400			■	■	■			■			■	■						■		
<b>Turtle Lake County Park</b> 4979 Hodgson Road	9			■		■							■						■		





# Program Registration Form

Shoreview Parks & Recreation Department ■ 4580 Victoria St. N., Shoreview, MN 55126  
Telephone 651-490-4750 ■ Fax 651-490-4797 ■ Website [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

Register online at <https://registration.shoreviewmn.com>. In order to aid staff in processing registrations, please be sure to fill out registration forms completely. An incomplete form may delay your registration from being processed. Thank you!

LAST (PARENT'S/GUARDIAN'S NAME IF APPLICABLE)

FIRST

HOME PHONE (AREA CODE)

ADDRESS

CITY

ZIP

WORK PHONE (AREA CODE)

E-MAIL ADDRESS

EMERGENCY CONTACT NAME

PHONE (AREA CODE)

Participants First/Last Name	M or F	Date of Birth	Activity# 1st Choice	Activity# 2nd Choice	Activity Name/Level	Activity Time	Activity Location	Grade (if needed)	Per Person Fee

<b>REFUND POLICY</b> Fees, less \$5.00, refunded only if cancellation made two working days prior to the start of activity. Full refunds given only if Parks & Rec. Dept. cancels activity. Classes may cancel due to issues such as low enrollment.	<b>Total Amount Enclosed</b> \$
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------

**CONFIRMATION** Confirmations will be issued by e-mail if an e-mail is provided. You can also view your class confirmation information on-line. See page 19 of the current issue of the ShoReview for complete details on on-line access.

Are you currently a Community Center member? ☐ Yes ☐ No

Have you registered for classes here before? ☐ Yes ☐ No

Have you moved recently? ☐ Yes ☐ No

Please include your Client ID# (if you know it): \_\_\_\_\_

## YOUTH SPORTS LEAGUES

**Special Requests for Teammates** are not guaranteed and are limited to one request per player. Group and/or chain requests not honored. The City encourages players to make new friends and develop social skills. If you sign up as a head coach, your child's registration will be reimbursed after season.

**I would like to coach** \_\_\_\_\_

**Name of teammate request** \_\_\_\_\_

**School child attends** \_\_\_\_\_

**Grade** \_\_\_\_\_

**T-Shirt Size** \_\_\_\_\_

## PAYMENT TYPE

If paying by credit card, please circle type.

☐ Cash ☐ Check # \_\_\_\_\_ ☐ Credit Card:



Checks payable to City of Shoreview.

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

☐ Billing address is different from above (Please include billing address)

**To better serve our participants**, we ask that you note any information you feel our staff should be aware of (i.e. disability, allergy, special needs, etc...)

**WAIVER FOR PARTICIPANT** In consideration of your accepting my child's entry or my entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Shoreview, the Parks and Recreation Department, or the school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

**Signature:** \_\_\_\_\_

**Your signature indicates you have read the registration information and understand all information relevant to your program choice.**

# REGISTRATION

## Fall Registration Schedule

**Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.**

## Shoreview Resident Priority

Shoreview residents are given first priority in registering for Parks and Recreation programs.

### Tuesday, August 4

On-line registration for residents begins at 8:00 a.m.

### Thursday, August 6

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

## Annual Community Center Member Registration

### Thursday, August 6

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

## General Registration

Anyone may register at this time. No residency or membership required.

### Tuesday, August 11

On-line registration begins at 8:00 a.m.

### Thursday, August 13

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

*\* Register now for fall youth sports leagues, kids corner preschool.*

## Register Early!

Space is limited in most activities.

## Registration Information

For registration forms, see pages 58.

- Drop-off points include:
  - The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
  - The Shoreview Community Center Service Desk, (for hours, see page 12)
  - The after-hours payment box, to left of front door of City Hall.
- Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will email you a receipt confirming enrollment in your second choice.
- A resident is defined as an individual whose legal residential address is within the City of Shoreview.
- Activity fees may not be pro-rated.
- Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
- Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. See page 19 for complete details on on-line access. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
- The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
- Refunds may be issued when requested one week before the activity or class unless otherwise noted in the class description. A service charge of \$5 will be deducted from each refund. Unfortunately, at times classes may need to be cancelled due to issues such as low enrollment. Any approved refund will be issued by check from the City of Shoreview. Checks generally take 3 to 4 weeks from date of refund approval to be processed and mailed.
- Financial aid for qualifying residents with financial limitations is available.
- Voice/TDD: 651-490-4750.
- Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.

# EASY 5 WAYS TO REGISTER

- On-line payment by Visa & MasterCard only
- Mail-in
- Fax 651-490-4797 payment by credit card only
- Drop-off
- In-person





# Shoreview Farmers' Market

## Shoreview Farmers' Market

Shoreview Community Center Lower Parking Lot

Tuesdays, June 2–October 13

3:00–7:00 P.M.

Lesley, Market Manager 651-490-4734

## Special Events

### August 4 Corn Roast

Gilbertson Farms will be roasting up some hot, buttery delicious corn! Come early as they only give away the first 500 customers!

### September 8 Family Day

Come clown around with us at the market! Face painting and entertainment for the kids! Fresh produce and handcrafts for everyone! The market is a place for the whole family!

### October 13 Harvest Festival

Celebrate the last day of the market! We'll have a tasty treat for everyone!

## Community Table

A community table is available to charity and non-profit organizations at no cost for fundraising, promotional and educational purposes. Products to be offered for sale must be approved and must not be in competition with market vendors. SFM rules and regulations will apply. The person applying will be held responsible for ensuring that the booth is staffed. The market does not provide tables, chairs, or any display materials. Please call Lesley Young, Market Manager, at 651-490-4734 to reserve this table.

**Sign up for a weekly market basket giveaway at the Market Manager's table – compliments of your vendors!**







**City of Shoreview**  
4600 Victoria Street North  
Shoreview, MN 55126

Presorted Standard  
ECRWSS  
U.S. Postage Paid  
St. Paul, MN  
Permit No. 5606

**POSTAL CUSTOMER**

# MAKE YOUR CHILD'S BIRTHDAY SPECIAL!

**Celebrate at the Tropics Indoor Waterpark and Tropical Adventure Indoor Playground in the Shoreview Community Center.**

**We offer a variety of packages to fit your child's interest and your budget!**



**Call 651-490-4790 to reserve your party package today!**

see [www.shoreviewmn.gov](http://www.shoreviewmn.gov) for details!